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FRIDAY, MARCH 20, 2020

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Local, A3

WAYS TO STAY ACTIVE AT HOME

Health, B6

Virus cancels Grand Floral Parade

Pageant, some other events still hope to reschedule

By ALEXANDRA NEWMAN
HP Staff Writer

ST. JOSEPH — In the nearly 100 years since the Blossomtime Festival's inaugural Grand Floral Parade, it has only seen one disruption.

But that changed Thursday when the Blossomtime Festival Board made the decision to cancel the 2020 parade, set for May 2, because of restrictions on large events to stop the spread of the novel coronavirus.

"It was a very difficult decision, but at the same time, I feel this is the right decision for everyone of us to protect us and keep us safe," said Anna Abdelnour, Blossomtime Festival president.

The inaugural Grand Floral Parade took place in 1923 and since then, it has only previously been disrupted once, during World War II and the immediate period after the war.

"It's been continuous since 1954," Abdelnour said. "This was not taken lightly. I feel so bad for the communities and kids involved, but at the same time, the risk outweighs having this parade."

She said the festival board did look into trying to do the parade later in the year, but there were too many uncertainties.

"Putting together a parade is a moving puzzle," she said. "There's so many entries and units, even from out of state. It's not an easy thing to put the parade together."

Abdelnour said the royalty from this year will be invited to participate in next year's parade, set for May 1, 2021.

"Our plan is to be bigger and better than ever next year," she said.

For now, the Mr. Blossomtime Contest, Showcase of Queens, and Miss Blossomtime events, as well as Coronation Ball, will be rescheduled as soon as possible, with the intent to resume

See **PARADE**, page A6

Don Campbell / HP file photo

Members of the Indianapolis Metropolitan Police Motorcycle Drill Team ride down Main Street in Benton Harbor during the 2018 Grand Floral Parade.

KEEPING THEIR DISTANCE

Don Campbell / HP staff

Fishermen try to practice social distancing while fishing in the St. Joseph River, below the dam in Berrien Springs on a rainy Thursday afternoon.

A network of help

Social media groups pop up to combat coronavirus

By TONY WITTKOWSKI
HP Staff Writer

In the midst of social distancing, social media is trying to fill the void for human interaction in Southwest Michigan.

In the past week, a handful of Facebook groups have popped up online in an attempt to give tips and spread helpful information in the wake of the COVID-19 pandemic.

Ayla Batton-Wyman launched a Facebook group called SWMI Mutual Aid with the purpose of pooling resources for friends, neighbors and those in need of help during the pandemic.

The group was designed to network with and connect those who are willing to offer goods, services and knowledge. While this group is primarily based in Southwest Michigan, residents living in Northwest Indiana are welcome to join.

Members have shared information on food distribution locations, links to unemployment assistance, meal threads, offerings of extra food and job postings.

"The main intention was to connect those who need help with those who can offer help," said Batton-Wyman, who is among four moderators for the group. "That was my primary goal."

About a week ago, Batton-Wyman was added to a Kalamazoo Mutual Aid group and chose to create a local page for this region.

The group was created on Saturday and has since surpassed 1,200 members.

"I'm not surprised by the amount of participation," Batton-Wyman said. "It's gratifying to see how strong this community is."

The Facebook group has since produced a master list of resources from the area, as well as those seeking services.

"We've had people reach out to us seeking specific items in the grocery store. I had one person specifically looking for alcohol wipes that are used for diabetic insulin testing," Batton-Wyman said. "I made a post on their behalf and we had 15 group members respond, offering to get their stock of alcohol wipes to her."

Batton-Wyman said there have been a lot more people offering help as opposed to asking for help. However, she said it's been

See **NETWORK**, page A6

'Quarantine shaming': Nation navigates radical new social norms

By GILLIAN FLACCUS
Associated Press

Gillian Flaccus / AP

A marquee outside the Lake Theater & Café in downtown Lake Oswego, Ore., reminds people to practice social distancing and stay home if sick on Tuesday. There's a new type of social policing out there that's developed almost as quickly as the viral disease that spurred its arrival. It's called "quarantine shaming," calling out those who are leaving the house for daily activities or who aren't abiding by social distancing rules. And it's part of a new reality for Americans who must navigate a world of rapidly evolving social norms in the age of COVID-19.

The chairman of Arizona's Asian Chamber of Commerce didn't see much downside to attending a small dinner at a local restaurant to bolster the business and bring together other leaders to discuss how to help Asian-American eateries devastated by the coronavirus.

That was, at least, until he posted about it on Instagram. The feedback was swift from people who were appalled that Ryan Winkle would promote a gathering – even a small one – as COVID-19 raged and entire cities were urged to self-isolate.

"I started getting some messages saying, 'Hey, why are you trying to spread the virus?' I was like, 'It's a small event, and everyone had washed their hands, and they had sanitizer on the tables,'" Winkle said of the dinner held Saturday in Mesa, Arizona. "My thinking is always about the economics. Imagine when all these businesses shut down. That's a whole different problem."

"Quarantine shaming" – calling out those not abiding by social distancing rules – is part of a new and startling reality for Americans who must navigate a world of rapidly evolving social norms in the age of COVID-19. As schools close and shelter-in-place orders sweep across the U.S., the divide between those who are stringently practicing self-isolation and those who are still trying to go about some semblance of a normal life has never been more clear. Complicating matters: What was socially acceptable even 48 hours ago may now be taboo, as government officials race to contain the virus with ever-expanding

See **NORMS**, page A6

Where does governor get power for drastic measures related to virus?

By KATHLEEN GRAY
Detroit Free Press

LANSING — Under normal circumstances, the actions taken by Gov. Gretchen Whitmer in the last week would be unprecedented.

Since the first cases of coronavirus surfaced on March 10, she has ordered schools, restaurants, bars, gyms and many other businesses closed; banned large gatherings, first of more than 250 people, then reduced that number to 50; made price gouging a crime, and set aside some of the regulations that make it harder for health care providers to get needed equipment.

Some people have questioned whether Whitmer actually has the power to take all the severe measures. So what gives her the authority for such drastic actions?

The state's constitution (section 1, article 5) vests the executive power over the state of Michigan with the governor.

The Emergency Powers of the Governor Act of 1945 says that after declaring a state of emergency, "the governor may promulgate reasonable orders, rules, and regulations as he or she considers necessary to protect life and property or to bring the emergency situation within the affected area under control."

The Emergency Management Act of 1976 allows

See **GOVERNOR**, page A6

The Newspaper for Southwest Michigan

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Index

Business	B4	Features	B3	Michigan	A2	Sports	B1
Classifieds	B5	Health	B6	Obituaries	A5	Television	B3
Comics	B2	Local	A3	Opinion	A4	Weather	A6

Tomorrow's Weather

High 34 Low 28

6 50645 49085 0

Michigan virus cases jump to 334, including 3 deaths

By ED WHITE and DAVID EGGERT
Associated Press

Paul Sancya / AP

Healthcare workers screen a person seeking a coronavirus test at a COVID-19 drive-through testing site at Beaumont Hospital in Royal Oak on Thursday.

DETROIT — Michigan signed off on $20 million in grants and loans to more than 1,000 small businesses harmed by the coronavirus while the number of reported cases rose dramatically Thursday to 334 in the state, including three deaths.

The Michigan Strategic Fund board took steps to help bars, movie theaters, fitness centers and restaurants, which are closed or under major restrictions to prevent the spread of the virus.

Board members said it wasn't enough aid, but Michigan Economic Development Corp. officials said it's just a start made possible by shifting money from other programs.

Meanwhile, the number of COVID-19 cases jumped to more than 300 from 110 a day earlier, according to the state health department. Two-thirds are in Wayne and Oakland counties.

The state said it's now able to combine numbers from its own lab with statistics from hospitals and private labs.

Three people died Wednesday: a man and a woman in their 50s who also had other health problems and an 81-year-old man.

Oakland County has at least 105 cases, including five people who are in critical condition, said county Executive David Coulter.

For most people, the virus causes mild or moderate symptoms, such as fever and cough. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

Gov. Gretchen Whitmer said she's asking President Donald Trump to allow Michigan to use the National Guard to run mobile screening sites, disinfect public spaces and distribute medical supplies.

Separately, about 117,000 businesses have been directly impacted by the governor's order to limit crowds at popular gathering spots. Those with 50 employees or fewer now could qualify for grants of up to $10,000. At least 1,100 businesses will get grants or loans, officials said.

"The catastrophic disaster both for the employees and the area in Traverse City is palpable," said Cindy Warner, a northern Michigan tech executive and member of the Michigan Strategic Fund board.

"Ten thousand dollars in a downtown district where rents are $25 to $35 a square foot will last them about three weeks. If this lasts a long period of time, this will do nothing," said Warner, who added that she still was appreciative.

Amtrak said it canceled trains between Grand Rapids and Chicago due to a drop in demand. Dearborn-based Ford Motor said it's suspending dividends to stockholders to conserve cash, a day after it closed factories.

Detroit Mayor Mike Duggan wants more city employees to work from home while he keeps certain buildings staffed to provide vital services.

The Michigan Supreme Court ordered only "essential functions" in all courtrooms and a 10-person limit. Critics said a lack of consistency up and down the state was creating health risks.

Chief Justice Bridget McCormack said it makes sense for local officials to look at jails as they assess risks of spreading the virus. She told The Associated Press "there's an awful lot of people" locked up for very minor offenses who wouldn't be a threat to public safety if released.

LOTTERIES

Thursday drawings

Michigan
Poker Lotto
6C-6D-2H-3H-9H
Midday Daily 3
6-7-7
Midday Daily 4
0-0-4-4
Daily 3
2-8-9
Daily 4
1-8-8-9
Fantasy 5
05-08-11-17-31
Estimated jackpot
$144,000
Keno
01-22-23-25-26-27-32-34-36-39-44-46-51-52-56-62-64-68-69-72-78-79
Mega Millions jackpot
$96 million
Powerball jackpot
$140 million

Wednesday drawings

Michigan
Powerball
15-27-44-59-63, Powerball: 8, Power Play: 4

Indiana
Cash 5
09-13-22-23-24
Cash4Life
05-14-18-23-51, Cash Ball: 1
Lotto Plus
05-13-18-38-41-44
Quick Draw Midday
02-04-06-08-10-15-16-17-20-21-28-36-47-54-66-67-75-78-79-80, BE: 4
Daily Three-Midday
9-0-6, SB: 8
Daily Three-Evening
2-4-9, SB: 2
Daily Four-Midday
2-8-5-1, SB: 8
Daily Four-Evening
2-6-7-2, SB: 2
Quick Draw Evening
01-09-10-13-15-22-26-28-36-38-42-43-50-53-54-57-63-73-74-80, BE: 38
Hoosier Lotto
03-07-13-20-33-38

Illinois
Cash 5
09-13-22-23-24
Cash4Life
05-14-18-23-51, Cash Ball: 1
Lotto Plus
05-13-18-38-41-44
Quick Draw Midday
02-04-06-08-10-15-16-17-20-21-28-36-47-54-66-67-75-78-79-80, BE: 4
Daily Three-Midday
9-0-6, SB: 8
Daily Three-Evening
2-4-9, SB: 2
Daily Four-Midday
2-8-5-1, SB: 8
Daily Four-Evening
2-6-7-2, SB: 2
Quick Draw Evening
01-09-10-13-15-22-26-28-36-38-42-43-50-53-54-57-63-73-74-80, BE: 38
Hoosier Lotto
03-07-13-20-33-38

– The Associated Press

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The Herald-Palladium

P.O. Box 128 • 3450 Hollywood Road • St. Joseph, MI 49085
Volume 152, Number 66

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The Herald-Palladium is printed for your convenience with low-ruboff soy ink and with newsprint containing recycled paper.

David Holgate Publisher
Dave Brown Managing Editor
Sara Horton Advertising Director
Julie Simpleman Circulation Director
Jenn Mann Business Manager

The Herald-Palladium is published daily, Mondays through Saturdays, except for USPS holidays, at 3450 Hollywood Road, St. Joseph, MI and is a consolidation of The Herald-Press and The News-Palladium. Periodicals Mail postage paid at St. Joseph, MI (USPS 387-440). Postmaster: Send change of address to P.O. Box 128, St. Joseph, MI 49085. Member of The Associated Press.

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Coronavirus layoffs spark surge in state jobless claims

By DAVID A. LIEB
Associated Press

JEFFERSON CITY, Mo. — In Ohio, more than 48,000 people applied for jobless benefits during the first two days of this week. The tally during the same period the prior week: just 1,825.

In neighboring Pennsylvania, about 70,000 people sought unemployment aid in a single day – six times the total for the entire previous week.

Jobless claims are surging across the U.S. after government officials ordered millions of workers, students and shoppers to stay at home as a precaution against spreading the virus that causes the COVID-19 disease.

"We've been getting flooded with calls," said John Dodds, director of the nonprofit Philadelphia Unemployment Project. "It's going to be a big mess, a double mess: illness and unemployment."

The growing number of people filing for unemployment checks raises fresh questions about whether states have stockpiled enough money since the last recession to tide over idled workers until the crisis ends. Some fear the demand for help could outpace the states' ability to pay claims.

"Our unemployment insurance fund is getting hit pretty hard right now," said Gov. Gina Raimondo of Rhode Island, where coronavirus-related jobless claims accelerated from zero to nearly 18,000 in barely one week.

Raimondo, a Democrat, said the state needs to start replenishing its fund and appealed for help from the federal government.

President Donald Trump's administration is proposing an economic stimulus package that could approach $1 trillion and include sending checks to Americans within a matter of weeks to help them pay for groceries, bills, mortgages and rent. The Senate gave final approval Wednesday to a separate bill that would inject $1 billion into state unemployment insurance programs.

The federal aid could rival or exceed that of the Great Recession in 2008, when a financial industry crisis led to widespread layoffs. Economic analysts warn the country is likely entering – or already in – its first recession since then.

Valerie Costa, a 41-year-old mother of two, quickly applied for unemployment benefits after the Rhode Island casino where she worked as a bartender and cocktail server closed because of virus precautions. For now, her husband is still working.

"We're limiting our spending. But we also really don't know what to expect," she said. "Most of us live through our tips, and if no tips are coming in, that makes things tough."

The last recession led to the insolvency of unemployment trust funds in 35 states that collectively racked up more than $40 billion of debt to keep paying unemployed workers. In many states, those debts were repaid through higher taxes on employers.

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hp LOCAL & STATE

Area courts severely restrict access due to virus

10-person cap on gatherings means almost all activity halted

By JULIE SWIDWA
HP Staff Writer

ST. JOSEPH — Reporters and many visitors were turned away from the Berrien County Courthouse on Thursday as the court immediately put into place restrictions ordered by the Michigan Supreme Court due to COVID-19.

The preliminary hearing for Chris Glisson, the Coloma man accused of attacking a high school student on Feb. 20, was adjourned until further notice. Glisson, 51, a former Boys & Girls Club employee, is charged with assault with intent to do great bodily harm, a 10-year-felony. He earlier declined a plea offer of aggravated assault, a one-year misdemeanor.

Tat Parish, Glisson's lawyer, said the adjournment was due to the Supreme Court order handed down late Wednesday. Rick Lull, head of security at the Berrien County Courthouse, said he and other management staff and judges were scrambling Thursday to interpret the court's order and adhere to it.

In Administrative Order 2020-2, the Michigan Supreme Court ordered all trial courts statewide to limit access to courtrooms and other spaces to no more than 10 persons, including staff, and to practice social distancing and limit court activity to only essential functions. Ironically, Lull said by telephone that he was unable to be in a mid-morning meeting of staff and judges because he would have been the 11th person.

Lull said almost all court proceedings are adjourned until further notice because with the judge, bailiff, defendant, witnesses, lawyers and jail deputies there would be, in most cases, more than 10 people in the courtroom.

Previously, Michigan Supreme Court Administrative Order 2020-1 instructed courts to take reasonable measures to avoid exposing individuals to COVID-19.

"All trial courts must take immediate action to protect the public and court personnel by limiting activity only to essential functions," Supreme Court Chief Justice Bridget McCormack stated in handing down the new order. "The Supreme Court speaks with one, decisive voice: Courts must respond so that the policy is uniform all across Michigan."

Van Buren County Courts closed to the public as well, according to a news release, except for essential functions involving health and safety and constitutional rights.

Essential functions include arraignments for in-custody defendants, review and determination of requests for search warrants and personal protection orders, certain child protective proceedings and critical issues regarding child support and child custody. The new order also provides courts with additional flexibility to conduct business using technology such as video and telephone conferencing.

"Courts statewide are taking this step in unison so that we send a clear message to the public that we are taking every possible step to stop the virus while continuing to provide essential services," said Van Buren County Chief Judge Kathleen Brickley in the release. "Our team is adjusting as quickly as possible to the crisis, and we appreciate the support of the public as we work to put more business online in the coming days."

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Don Campbell / HP staff

Most court proceedings at the Berrien County Courthouse have been adjourned after restrictions put into place by the Michigan Supreme Court due to the COVID-19 pandemic.

BENTON HARBOR

Don Campbell / HP staff

I-94 Business Loop is expected to be closed today between the Riverview roundabout and the Bicentennial Bridge as crews begin work on a temporary pumping operation to reduce flooding near the entrance to the Whirlpool Corp. Riverview Campus in Benton Harbor.

MDOT closing part of BL I-94 today

Temporary fix to flooding in the works

By LOUISE WREGE
HP Staff Writer

BENTON HARBOR — Drivers will not be able to travel between Benton Harbor and St. Joseph via the Bicentennial Bridge most of today as workers for the Michigan Department of Transportation prepare to temporarily fix the flooding problem on the Benton Harbor side of the bridge.

Pete Pfeiffer from the Michigan Department of Transportation said Thursday that before a temporary pumping operation can be put in place, they have to "dewater" the groundwater in the soil.

"The groundwater is high there," he said. "If you excavate in a sandy soil that has water in it, the hole just collapses."

He said Main Street will be blocked off from Riverview Drive to the bridge, as at least two wells are installed to draw the water out of the soil. He said it is unknown how many days it will take to get the water out of the ground, but it shouldn't take more than a few days.

Main Street is the I-94 Business Loop and the designated route in case of emergencies on I-94, making it a state road.

Once the ground is dry enough, he said they will probably have to close that section of road, again, to install the temporary pumping operation near the roundabout.

Pfeiffer said he's hoping that the temporary pump will be in place within three weeks.

Since last summer, that section of road has flooded numerous times due to the near-record high water level of Lake Michigan, especially when strong winds push water up the St. Joseph River channel.

Pfeiffer said the temporary pump should be able to keep that section of road dry so it doesn't have to be closed due to flooding. He cautioned that the temporary pump will not solve all of the area's flooding problems.

"We're focusing on what we can do to minimize the flooding that has happened there in front of Whirlpool on Main Street," he said. "We are working towards a longer term solution, which may be a variety of different things."

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Berrien County board still plans to meet in person – for now

By LOUISE WREGE
HP Staff Writer

ST. JOSEPH — Berrien County Board Chairman Mac Elliott said that for now, the weekly board meetings will be held as usual at the Berrien County Administration Center in St. Joseph, despite the COVID-19 pandemic.

But that could change at any time, he told commissioners Thursday morning.

On March 10, Gov. Gretchen Whitmer declared a state of emergency after the first two cases of COVID-19 were confirmed in the state. Since then, she has signed 12 more executive orders.

"This is so dynamic, as you know," Elliott said.

County Administrator Bill Wolf said that late Wednesday night, the state Supreme Court ordered that in the court system, no more than 10 people can be in a confined space at the same time. He said that only applies to courts – for now.

"That's the canary in the coal mine for what else might happen," he said. "I wouldn't be surprised if the governor didn't say, 'No more meetings larger than 10.'"

Elliott said that because of the order, a jury trial in Niles was canceled Thursday.

Whitmer signed an executive order Wednesday allowing public bodies to conduct their meetings electronically through April 15 if they follow certain rules, such as allowing for two-way conversation so citizens can have input.

But Elliott said it would be difficult to follow all of the demands in the order.

Wolf said he hopes to have a plan to Elliott by Wednesday outlining how the county board can meet using technology, in case the governor orders that there can't be more than 10 people in a confined space.

At Thursday's meeting, hand sanitizer was made available to everyone present and the chairs for the audience were spaced six feet apart.

In addition, Wolf told commissioners that when they talk about what the county is doing about COVID-19, they need to exclude the courts and the sheriff's office from those discussions.

He said the courts get their instructions from the state Supreme Court and the sheriff's office is guided, in part, by the state Department of Corrections.

"Obviously, with what's going on right now, we absolutely have to listen to the health department," he said. "... They are running the show on this pandemic."

Wolf said that if the courts decide to temporarily stop doing business, they wouldn't be able to close the entire courthouse in St. Joseph because other offices are there, including the prosecutor and clerk offices. He said the county owns the building. County Clerk Sharon Tyler said that so far, more than 51 county clerks have closed their offices to the public, but are still doing business. Some are requiring appointments. She said others are offering curbside services.

Wolf said that if the county decides to do something, the next logical step will be to close the buildings to the public and do business electronically, through the mail and by using drop boxes.

Report on roads

County commissioners also heard a report on roads from Jason Latham, managing director of the county's road department.

Latham said that since he took the job in January 2018, the percentage of county roads that are rated in poor condition went from 74 percent down to 54 percent. If everything goes as predicted, he said only 16 percent of the county's roads will be rated as in poor condition in 2029.

He said one glitch is that the county may not receive as much money from the Michigan Transportation Fund as expected because people aren't driving as much due to COVID-19. A portion of the gasoline tax the state collects goes toward county roads.

"That means projects might get cut," he said

He said that two years in a row, road projects have been carried over from the previous year because they didn't get done.

Last year, Napier Avenue was supposed to have work done from the St. Joseph River to Colfax Avenue. He said that project is slated to be done this year, along with work on Napier Avenue from Colfax Avenue to Union Avenue. The project includes the road receiving a 2-inch overlay, along with drainage and shoulder work.

Other projects for this year include improvement of the Red Arrow Highway and Union Pier intersection in Chikaming Township, and the repaving of Marquette Woods Road from Cleveland Avenue to Roosevelt Road in Lincoln Township.

Contact: lwrege@TheHP.com, 932-0361, Twitter: @HPWrege

IN BRIEF

Agency on aging keeps info line open

ST. JOSEPH — Though the the Region IV Area on Aging has closed its campuses to the public to prevent the spread of the novel coronavirus, its info line remains open.

The line, at 800-654-2810, is fully staffed with aging and disability experts ready to answer questions and connect people to resources.

For more information about the Area Agency on Aging, visit areaagencyonaging.org.

BH rotary sets grant application deadline

BENTON HARBOR — The Benton Harbor Sunrise Rotary Foundation has set a deadline of April 8 for people to submit grant applications.

The foundation is looking for projects which focus on the youth of Benton Harbor and target literacy, numeracy, leadership development, or personal development.

The grants are usually for $500, but the grant amount is based a combination of the project details and available funds, according to the foundation.

Organizations that have been awarded grants in the past may only apply if their project is complete and the grant report has been submitted. In addition, organizations are limited to one application per cycle.

To download the grant application, visit www.bhsunriserotary.org, click the Grants/Foundation button on the menu bar and select 2020 Grant Application.

Meijer to close at night; offer special shopping hours

Meijer officials announced Thursday that Meijer will begin closing its stores at 10 p.m. daily, beginning today.

Meijer said it will now close overnight to give employees more time to clean store sand restock shelves. Stores will operate from 8 a.m. to 10 p.m. daily.

"These are unprecedented times that require appropriate action to ensure we are supporting the communities where our customers and team members work and live," said Rick Keyes, Meijer president and chief executive officer, said in a statement.

The retailer said it will also offer special morning shopping hours on specific days for different groups of people, including senior citizens, essential service workers and its own team members.

Senior citizens and those with chronic health conditions can shop at Meijer from 7 a.m.-8 a.m. on Tuesdays and Thursdays. Essential service workers and Meijer team members can shop from 7 a.m.-8 a.m. Mondays and Wednesdays.

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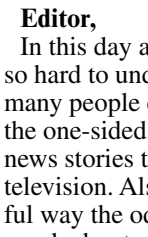
Embracing the grace of COVID-19

PAWLEYS ISLAND, S.C. – An odd thing happened last Sunday. A friend was visiting and invited me to join her for church – not in a physical house of worship but streamed via Zoom from her pastor in Arlington, Virginia.

Kathleen Parker



Churches around the state are suspending services, and the Rev. David Hanke of Restoration Anglican Church was road-testing Zoom with congregants who wanted to worship virtually. Jody and I sat side-by-side, possibly in our pjs, while Hanke fidgeted with various audio and visual gadgets. Fellow parishioners – some solo, some couples, others families – came into focus in a Hollywood Squares grid along one side of the screen.

Most were casually dressed, as was Hanke, who was seated in his office. At one count, more than 100 had joined the service, which meant that at least 200 would have been seated in the pews on a pre-coronavirus Sunday. Zoom, which I hadn't experienced previously, made possible what the virus had made impossible – the gathering of community in common prayer and worship. At one point, some attempted to sing a hymn a cappella. Let's just say, the Apostle's Creed and the Lord's Prayer were smoother.

More novel than the virtual service was the experience of joining a friend of 20 years in prayer. Our more-natural bonding experiences have revolved over the years around journalism and, in the sole interest of anthropological research, shopping. For just a moment, I wasn't sure which pitch and volume I should seek. But something happened that was both personal and intimate – and yet of all one thing.

Perhaps this is why so many people attend a house of worship regularly. Or, perhaps, the threat of a life-threatening disease opens us up to the possibility of grace. As Americans and people around the world seek answers during this strangest of times, I suspect millions of others will seek spiritual solace along with the medical tests that may foretell each individual's degree of suffering or reprieve.

In the meantime, social-distancing and self-quarantine these next couple of weeks (or longer) offer opportunities we might not otherwise have had. I was struck by Hanke's plea that we embrace the slowing-down. Some people may feel lonely as they ride out the virus in isolation; others may feel crowded by large families or rambunctious children.

But many will also have a chance to enjoy that rarest of pleasures – or perhaps torments – free time. The 17th-century philosopher Blaise Pascal said that all of humanity's problems stem from man's inability to sit alone in a room. On normal days, for many of us, it's off to the races preceded by a rude and ruthless alarm. There are stocks to trade, newspapers to publish, movies to direct, businesses to run, children to educate, invalids to feed and, yes, wars to wage. So accustomed are we to the weird virtue of multi-tasking that the notion of sitting alone in a room can be more angst-inducing than a multitude of alternatives.

Now, suddenly, there's time to think – to read, write, paint, build, create. Time for long walks, time to pay attention to the arrival of spring and time to listen. Grace, they say, comes to those who listen. Of course, so much time will drive some people crazy, so it really is a challenge as well as an opportunity. Binge-watching movies is also an option, don't get me wrong.

As a highly functional obsessive-compulsive, I've already reorganized my refrigerator to within an inch of its life and am plotting other projects that will leave no molecule unturned.

Who knows what will come of all this? When Shakespeare was quarantined during the plague, he wrote "King Lear." The only book I ever wrote was while I had a broken leg, a lesser contribution to the arts, I concede. Perhaps I'll write another – or at least long letters to friends I never meant to set aside.

I've often said that America needs a common enemy to make us come together – to solve the riddle of partisan gridlock and to become one, united nation again. Perhaps, COVID-19 is that foe. Hanke closed out his sermon by reminding us that it doesn't matter whether we are lined up in pews or piled on a sofa with a gaggle of giggly children waving to their Sunday School pals on a computer.

What matters, in good times as well as bad, is people and community. It has taken a terrible virus to at least remind us of this eternal truth. Surely, there is grace in that.

Kathleen Parker is a columnist for The Washington Post. Email: kathleenparker@washpost.com.

LETTERS

Democrats are delusional; vote for Republicans

Editor,

In this day and age I find it so hard to understand how so many people can be fooled by the one-sided, closed-minded news stories they see on the television. Also, the disrespectful way the oddball news shows speak about our president is shameful, to say the least. How much money has Congress spent trying to oust President Donald Trump and came up empty handed? Speaker of the House Nancy Pelosi should be ashamed of herself for her leadership. If she was graded on her leadership she would surely have failed. How much more money and time must be wasted until she and her Democratic friends realize the election is over and their candidate lost. When does the Democratic Congress realize it is more than time to actually do some WORK that benefits the United States of America?

Speaker Pelosi should realize we need to keep our country moving forward. President Trump has kept his promises and we are starting to be the world's leader again. A free capitalist economy is the only way that allows citizens to open new companies and capture new inventions. Possibly the job of speaker is more than she can handle, and it would do the country good if she resigned. The Democrats sure have proven themselves to be racist and are so hateful all the time.

The outburst from Sen. Chuck Schumer recently was sickening. How dare he threaten member of the Supreme Court? He should be criminally charged and have to resign from office. His hateful rhetoric is not needed, nor does it show any professionalism.

When Speaker Pelosi speaks of being a Catholic it makes me sick! No practicing Catholic would stand by and watch so many unborn children be aborted. It surprises me that an Italian grandmother would allow unborn lives to be destroyed.

It is time that we appreciate our elected officials: Congressman Fred Upton, State Senators Charles LaSata and Aric Nesbitt, House members Beth Griffin and Pauline Wendzel, and especially President Trump. We can hope for four more years of his courage and leadership. In November we need to elect John James to the U.S. Senate.

Douglas De Leo
Bangor

Trump will win in a landslide in November

Editor,

There was no Russian interference to help Donald Trump win the 2016 election. Democrats are at it again. President Trump does not need Russia's help to get elected. The Democrats are doing it for him.

Democrats crashed and burned several times over the past three years. They did everything possible to make his life miserable to prevent him from getting things done. Even with that extra load on his back, he still got more done in three years than any other president has done in history. Donald Trump kept his campaign promisees and worked for the people. He won't only win the election by a landslide, we will take back the House. The Democrats in Washington are an embarrassment to their party. Every day you see more and more Democrats moving to the Republican side.

Fred Canfield
Buchanan

Pandemic: The good, the bad and the ugly

As we teeter on the edge of economic collapse with the worst pandemic in a century likely to get much worse, we are seeing the good, the bad and the ugly. In spades.

Good. Some supermarkets have set aside times for seniors to shop so they are not exposed to possible COVID-19 carried by the young and unsuspecting. Millions of people are working long, difficult hours to help others.

Ann McFeatters

Bad. The governor of Ohio and his public health director arbitrarily shut down voting late the night before the primary despite a judge's order prohibiting the move. (Voting proceeded in Florida, Illinois and Arizona.)

Ugly. Officials are squabbling among themselves about what to do, such as the governor of New York and the mayor of New York City carrying their long-standing feud into the open over whether the city of 8.6 million sleepless people should shelter in place (a total shutdown).

Good. Neighbors are checking on neighbors, and school cafeteria workers are handing out meals to children shut out of schools but dependent for regular meals on school lunches.

Bad. A president who dillydallied for two months, refusing to take serious action while insisting the virus was under control, now insists he knew a pandemic was coming before anyone else.

Ugly. American journalists are being thrown out of China in retaliation for the U.S. ejection of Chinese journalists.

Good. Parents are homeschooling, setting firm schedules for their children and doing their best to keep little ones from getting scared. Parents are developing huge respect for and awe of teachers.

Bad. Kentucky's GOP Sen. Rand Paul demanded U.S. soldiers be removed from Afghanistan before he'd vote on a proposal to help Americans thrown out of work and denied paychecks because of the virus.

Ugly. Patients with symptoms are being told to get tested but they have no idea where to go or what to do. Greece has tested more people than the U.S.

Good. Protective items such as hand sanitizer and masks are being donated to medical personnel by those who don't need them.

Bad. Supplies are in frighteningly short supply.

Ugly. Some people have been hoarding protective gear to charge others excessive prices.

Good. Pop artists such as Coldplay, Keith Urban and John Legend have been streaming live performances to cheer us up.

Bad. Cat videos are becoming even more viral.

Ugly. Our beloved March Madness has disappeared this year.

Good. Everyone is learning a lot about viruses and handwashing and something intensely disturbing called social distancing.

Bad. There is immense confusion and misinformation about how to fight this virus, such as United Kingdom officials falsely claiming people quickly will develop a "herd immunity."

Ugly. A power dispute over religious shrines in Iran, a hotspot of the coronavirus outbreak, is impeding efforts to mitigate it there. The virus now is spreading in migrant camps in the Middle East. Millions may die.

Good. Technology and social media are keeping families in touch.

Bad. Social isolation, especially among seniors, is now required, to the detriment of everyone. Loneliness is a serious risk to health.

Ugly. The weak, sick and old are especially vulnerable to scams in such a time.

Good. Congress is taking action to help Americans deal with the disruptions the virus is causing.

Bad. There is vast disagreement about the best ways to help.

Ugly. There are too few hospital beds, too few test kits, medical supplies and ventilators, too many sick and too many unemployed.

Good. The power of the federal government, including the Defense Department, and the private sector are now focused on combating the disease.

Bad. It took far too long.

Ugly. The president said he will continue calling COVID-19 the "Chinese" virus, against advice. This has led to a backlash against Chinese and acts of cruelty, intolerance and scapegoating against Chinese Americans.

Good. The head of the Centers for Disease Control warned such derogatory terms are scientifically wrong. Morally intolerable, as well.

Ann McFeatters is a columnist for Tribune News Service.

Protecting the election can unite Biden, Sanders

Joe Biden did not speak triumphantly on Tuesday night after winning the latest round of Democratic primaries that virtually sealed his nomination. He spoke soberly, like a president. That tells you almost everything you need to know about the state of politics at the coronavirus moment.

Almost, because there were two large issues left in the wake of Tuesday's contests in Florida, Illinois and Arizona – and of the primary that didn't happen in Ohio.

E.J. Dionne

The first: What will Bernie Sanders do? The second: How do we guarantee the integrity of our electoral system in the midst of a pandemic?

By every conventional measure, the race for the Democratic nomination is over. Most striking about Tuesday's primaries is how similar they were to all the others held since Biden swept South Carolina on Feb. 29.

Broadly speaking, Biden is the choice of more than half of Democrats, while Sanders has the backing of about a third of the party. This race is nothing like four years ago when Sanders fought Hillary Clinton right through the contests in June and after.

In 2016, for example, Sanders came very close to beating Clinton in Illinois. On Tuesday, Illinois was a rout: Biden took 59 percent to Sanders's 36 percent. Biden won county after county where Sanders had prevailed four years ago. Against Clinton, Sanders did well among white, non-college-educated voters in what turned out to be a sign of Clinton's coming difficulties against Donald Trump. Biden is largely carrying such voters this year.

Biden now has a substantial delegate lead, and with the possible exception of Wisconsin and – it would be a very long shot – New York, there are no obvious states down the road where Sanders would have a serious chance of shaking up the contest.

The Sanders camp can see this as clearly as anyone, and on Wednesday morning, Faiz Shakir, the senator's campaign manager, issued a statement saying that the Sanders would be "having conversations with supporters to assess his campaign" over the next weeks.

The statement was good news for the Biden camp, which does not want to be seen by members of Sanders's loyal base as pushing their champion out of the race. For his part, Biden was all about outreach in his recorded statement on Tuesday night, which was directed largely at offering a unifying message to a country facing a pandemic. Biden's calm tone of resolve and conciliation sharply contrasted with Trump's erratic and often divisive messages throughout the crisis.

And Biden went out of his way to praise Sanders and his supporters for changing the nation's political conversation. "Let me say especially to the young voters who have been inspired by Senator Sanders: I hear you," Biden said. He stressed that he shared with Sanders "a common vision for the need to provide affordable health care for all Americans, reducing income inequity that has risen so drastically, to tackling the existential threat of our time, climate change."

If Sanders and Biden want an immediate joint project, they can unite in pointing to the dangers to the election process itself, brought home by Gov. Mike DeWine's decision to cancel in-person voting in Ohio primary on Tuesday. DeWine argued that opening the polls would undermine efforts to contain the coronavirus.

Sen. Sherrod Brown, D–Ohio, said on MSNBC that he believed DeWine, a Republican, acted "in totally good faith," but expressed worry about "any precedent" the cancellation might set. Larry Sabato, a political scientist at the University of Virginia, made the second point more sharply, telling me that "this is the Trump era, when old rules don't always apply and outrageous things occur with regularity."

Guaranteeing that the virus will not be used in the fall as a pretext to disrupt the election should be a key component of any broad stimulus bill. Sens. Amy Klobuchar, D-Minn., and Ron Wyden, D-Ore., along with election specialist Rick Hasen of the University of California-Irvine, have proposed that all states offer unrestricted absentee voting and mail-in ballots, with the effort funded by the federal government.

It is not paranoia but realism to imagine that Trump is now very nervous about the election as Biden thrives among the suburban constituencies that helped Democrats take the House in 2018 and blue-collar voters who gravitated to Trump in 2016. Protecting the election is a cause that should bring Biden and Sanders together.

E.J. Dionne is a columnist for The Washington Post.

Ted S. Warren / AP

Danielle Kiechler, left, and Cathi Gouveia snowshoe above Paradise at Mount Rainier National Park on Wednesday in Washington state.

National parks are free, but some oppose that amid the virus

By BRADY MCCOMBS and JAMES ANDERSON
Associated Press

SALT LAKE CITY — Most national parks are open as a refuge for Americans tired of being stuck at home during a pandemic, but despite now being free to visit, people may find it more difficult to enjoy them as parks close visitor centers, shuttles, lodges and restaurants to fight the spread of the coronavirus.

Parks are trying to keep up with ever-changing rules and recommendations from government officials who are urging people to avoid gathering in large groups but allowing them to get outside for fresh air and exercise as long as they keep away from others.

The National Park Service says it's adhering to the latest guidelines from the White House and Centers for Disease Control and Prevention, vowing to keep outdoor spaces open while giving park superintendents the power to close or modify operations.

Interior Secretary David Bernhardt this week temporarily waived entrance fees at national parks, monuments and wildlife refuges to make it easier for people to get outdoors and "implement some social distancing."

"Getting out into the wilderness is perfect for what we call the 'shack nasties' – being cooped up inside your home," said Trish Jacob, an employee of a backcountry guiding company near Rocky Mountain National Park.

But not everyone is on board with the idea of people descending on parks and their gateway towns to escape the virus.

Making parks free will lead to overcrowding and put staffers and visitors at greater risk of being exposed to the virus, according to a group representing park service employees.

"It is irresponsible to urge people to visit national park sites when gathering at other public spaces is no longer considered safe," said Phil Francis, chairman of the Coalition to Protect America's National Parks.

A hospital in Moab, Utah, also has implored state officials to slow the flow of people coming to see the red rocks and unique formations at Arches and Canyonlands national parks over fears the facility couldn't handle an outbreak. In response, officials this week limited hotel stays to people in town for work and banned dining in restaurants.

Nationally, parks are devising ways to stay open while keeping people safely apart and trying to ensure employees stay healthy. Many closed visitor centers, museums and entrance booths while rangers are stationed outside to field visitors' questions.

Though rangers are working, some parks warned people to be extra cautious, especially in places with wintry weather, because resources are strained amid the pandemic and rescues may be more difficult.

Zion National Park in southern Utah halted shuttles used by most people visiting its red rock vistas nestled in a narrow canyon. Tourists now must wait for limited parking to free up. Grand Canyon National Park also stopped its shuttles and closed its restaurants.

In Northern California, visitor centers at several destinations managed by the park service, such as Muir Woods National Monument, Alcatraz Island and the Golden Gate Bridge, are closed. Yosemite National Park closed its campgrounds.

Chris Brunell, who spent most of the past three weeks camping in Yosemite, said he was told he had to pack up and leave Thursday, two days earlier than he expected.

Brunell, who was laid off from a Silicon Valley technology job before the outbreak, said the park emptied noticeably after lodging and restaurants closed Tuesday.

"Compared to the usual numbers, it's just a trickle," he said.

Yellowstone National Park, Mount Rainier National Park in Washington state and Rocky Mountain National Park in Colorado also closed facilities. Most amenities and roads in Yellowstone – which spans parts of Wyoming, Montana and Idaho – and Rainier normally are closed this time of year because of deep snow. The Statue of Liberty National Monument and Ellis Island in New York are closed entirely.

Workers at Grand Canyon have shifted away from duties that put them close to tourists.

"We're just coming up with different ways for them to do their jobs that's mindful of the CDC guidelines," park spokeswoman Lily Daniels said.

For most people, the coronavirus causes only mild or moderate symptoms. But for the elderly and people with existing conditions, it can cause more severe illness. The vast majority of those who are infected recover.

In Utah, the hospital's concerns are over the social interactions at hotels, bars, restaurants and often crowded trailheads or entrance gates. Expecting thousands of tourists in the city this weekend, Moab Regional Hospital executives urged the governor to ban visitors. But tourists have only been prohibited from staying at hotels.

"We're just encouraging people stay home and stay in their residences and to wait out this two weeks and hopefully things will return to some kind of normal," said Elaine Gizler, executive director of the Moab Area Travel Council.

In Rocky Mountain National Park, Katarina Takahashi of Longmont, Colorado, trudged through fresh snow during a three-hour hike to Emerald Lake, passing other alpine lakes surrounded by towering peaks.

"It's a very refreshing time to be outdoors, to get the health benefits of exercising, be in the sunshine, and get away as well from the anxiety I've felt, that we're all feeling, about the virus," said Takahashi.

OBITUARIES

Carol Diana Vincek

Carol Diana Vincek, 82, passed away in St. Joseph Michigan after a valiant battle with cancer.

She was born in South Bend, Ind., and later moved to Southwest Michigan to raise her family on a small farm outside of Baroda. She later moved to Stevensville and resided there until her passing.

She leaves behind her family, including: two brothers, Conrad (Bonnie) Strykul and David Strykul; and six children, Robin (deceased) and Valerie Vincek, Michael and Rebecque (Vincek) Plante, Steven and Stacey (Vincek) Meyer, Vincent and Vicki Vincek, Michael and Christine (Vincek) Davis and Joshua Vincek. She also leaves behind 13 grandchildren: Brittany Mesman (Vincek), Mariah Nauta (Vincek), Colton Plante, Mason Plante, Dustin Meyer, Chelsey Meyer, Levi Meyer, Michael Davis Jr., Olivia Davis, Kyle Vincek, Hunter Vincek, Grace Vincek and Skyler Vincek. Carol also left behind eight great-grandchildren: Caleb Mesman, Dean Mesman, Barrett Nauta, Joelan Coyer, Bryson Coyer, Jaxton Coyer, Audrey Davis and Archer Vincek.

Carol was a devout Christian and a member of First Church of God in St. Joseph, where she loved singing in the choir. She was also proud of her six children and was an avid golfer and gardener and loved being outdoors, especially gardening at her home and walking along Lake Michigan.

She was preceded in death by her son, Robin Vincek.

A memorial service will be planned for later in the spring to celebrate her life. Those wishing to share a memory of Carol online may do so at www.starks-menchinger.com.

Stanley Ray Downey

May 15, 1956 – March 4, 2020

Visitation and funeral services previously scheduled for Stanley Downey, 63, of Dowagiac (complete obituary in Tuesday's edition), who died March 4, 2020, have been postponed due to the current recommendations from the state and federal government. Services will commence when things are considered safe. You may continue to send memorial condolences to the family at www.calvin-leonardfh.com. In lieu of flowers, memorial donations can be made to Midway Baptist Church, 7517 Red Arrow Hwy., Watervliet, MI 49098.

Death notices

Karen A. Belter, 61, of Watervliet died March 17, 2020, at Ascension Borgess Hospital, Kalamazoo. Hutchins Funeral Home, Watervliet, 463-3811.

Robert Butts, 60, of Niles died March 18, 2020, at Memorial Hospital, South Bend, Ind. Brown Funeral Home & Cremation Services, Niles, 683-1155.

Fred Davis, 87, of Niles died March 18, 2020, at home. Brown Funeral Home and Cremation Services, Niles, 683-1155.

Mattie B. Jones

Feb. 5, 1946 – March 12, 2020

Mattie B. Jones, 74, of Benton Harbor departed this life Thursday, March 12, 2020.

A celebration of life service will be held Saturday, March 21, at New Paradise Baptist Church, Benton Harbor. The visitation begins at 10 a.m., followed by the service at 11 a.m. Those wishing to sign the guest book online may do so at www.robbinsbrothersfh.com.

Mattie was born in Hughes, Ark., to Mable Partee. She was a loving mother, grandmother, great-grandmother, sister, aunt and friend. Mattie was someone everyone loved and could depend on.

She rededicated her life to Christ in 2019 under the leadership of Pastor R. Chester Gulley of the New Covenant Community Baptist Church, Benton Harbor. Mattie enjoyed dancing, eating at the Golden Corral, going to movies and casinos, playing cards and cooking. She was employed at the Benton Harbor Meijer Department Store for 10 years as a deli clerk.

Mattie leaves to cherish her legacy: daughters, Belinda (William) Melvin, Shonda Edwards, Tracy Edwards and Cynthia Young; sons, Steven Edwards, Fredrick Edwards and Nicala Edwards; sisters, LeBerta (Lewis) Campbell and Jessie (Gene) Alexander; brothers, Charlie (Mary) McCullum and the Rev. Eldridge White Sr.; 21 grandchildren; 16 great-grandchildren; and a host of family and friends.

Mattie was preceded in death by her mother, Mable Partee; husband, Eddie Jones; first husband, Johnny B. Edwards; daughter, Nedra Edwards; sisters, Ellen Christian and Ernestine Partee; mother, Pearl White; and granddaughter, Tenesha Edwards.

Kathleen M. 'Kathy' Deegan

Nov. 29, 1946 – March 17, 2020

Kathleen M. "Kathy" Deegan, 73, of St. Joseph passed away on Tuesday, March 17, 2020, at Hanson Hospice Center, Stevensville. Arrangements have been entrusted to Starks & Menchinger Chapel, 2650 Niles Road, St. Joseph. A Funeral Mass will take place at a later date. Memorial contributions may be made to Birthright of St. Joseph or Caring Circle Hospice. Those wishing to leave an online condolence may do so at www.starks-menchinger.com.

Kathy was born on Nov. 29, 1946, in Chicago, to Thomas and Lucille (Healy) Mucker. She graduated from Maria High School in 1964, and continued her education at DePaul University. On Nov. 19, 1966, Kathy married the love of her life, Terrence "Terry" Deegan, in Chicago. For many years, Kathy was the head cashier at the former Edmund's Grocery Store. She later changed careers and began working for Norwood Federal Bank as a customer service representative. After moving to the St. Joseph area in 1986, Kathy began employment with Spelman & Sauer Law Firm as a legal secretary. She was a proud member of St. Joseph Catholic Church, where she was active in Bible study and the Heart to Heart prayer group. She would selflessly help any friend, anytime, in their time of need. Kathy was a volunteer for Birthright of St. Joseph, where she held a position on the Auxiliary Board and was responsible for planning and executing a large rummage sale fundraiser. Kathy also held the position of president of her neighborhood's homeowners association.

Her favorite hobbies were gardening and growing heirloom tomatoes from seed, and especially cooking and entertaining. Her ability to quickly come up with creative gourmet style meals was admired by all and she was once referred to as "Southwest Michigan's Best Amateur Chef" by a local hometown Master Chef. A family favorite was her baked mostaccioli that was traditionally made on Christmas Eve. Kathy also loved traveling with Terry and their close friends to countries such as Scandinavia, Australia, Italy and Tahiti. However, what Kathy loved more than anything was her family. Spending time with her children and grandchildren gave her the most joy.

Kathy is survived by her loving husband of nearly 54 years, Terry; children, Laura (William "Bo") Coffman of Berrien Springs, Jennifer "Jay" Mason of Fort Myers, Fla., Thomas (Stephanie) Deegan and Kevin Deegan, both of St. Joseph; grandchildren, Taylor, Emily (Daniel), Colin, Ryan, Payton and Mackenzie; and brothers, Donald (Diana) Mucker and Michael (Kathryn) Mucker.

Kathy was preceded in death by her parents, Thomas and Lucille; and her mother-in-law, Virginia Deegan.

Births

Lakeland Medical Center – Niles

Berrien Springs – Boy, 3 pounds, 12 ounces, Diana and Timothy Billings Sr., 9:34 p.m. March 11.

Dowagiac – Boy, 6 pounds, 8 ounces, Kelliegh Schaus, 10:30 a.m. March 8.

Lakeland Medical Center – St. Joseph

Benton Harbor – Boy, 6 pounds, 1.7 ounces, Andrea and Brian Dyson, 5:32 p.m. March 9.

Berrien Springs – Boy, 7 pounds, 15 ounces, Rebeca and Jonatas Ferreira, 1:03 a.m. March 15.

Berrien Springs – Girl, 7 pounds, 10 ounces, Theresa and Paul Judge, 5:00 a.m. March 19.

Hartford – Boy, 6 pounds, 15 ounces, Meagan and Seth Griffin, 9:27 p.m. March 16.

Hartford – Boy, 7 pounds, 14 ounces, Amber and Timothy Tebbens, 10:23 p.m. March 12.

Niles – Boy, 8 pounds, 3 ounces, Madilyn Coultas and Brennan Dooley, 8:10 p.m. March 5.

St. Joseph – Girl, 8 pounds, 5 ounces, Summer and Alex George, 8:35 a.m. March 17.

Watervliet – Boy, 6 pounds, 14 ounces, Katherine and Trevor Jones, 7:50 p.m. March 5.

Marriage Licenses

ST. JOSEPH – The following marriage licenses have been issued by Berrien County Clerk Sharon Tyler.

Haley McCardell Adams of St. Joseph and Domoneke Stephen Mitchell of Kalamazoo, Mich.

Patricia Ann Beckman and Joseph Peter Sanchez, both of Stevensville.

KC Ann Dunnem and Hugh Edward Hatcher Jr., both of Niles.

Tuesday Lynn Johnson of South Bend, Ind., and Jeremy Jordan Blair of St. Joseph.

Ebony Shacole Murphy and Kent Lee Rush, both of Benton Harbor.

Kelsey Lane Sample and Theodore Thomas Walter, both of Coloma.

Antoniette Lashun Williams and Carlton Lee Mabens, both of Benton Harbor.

Getting it straight

The Herald-Palladium makes every effort to ensure accuracy in its stories.. If you are unsure of whom to contact, call Local News Editor Dale Brewer at 429-3797.

Scientists expect milder spring floods

By CHRISTINA LARSON
AP Science Writer

WASHINGTON — Too often disasters come in threes. But the year of global pandemic and record wildfires in Australia will not also be a year of historic floods in the U.S., forecasters predict.

Last year saw record floods in several regions of the country. But this year this annual spring flooding season will not be as severe or prolonged as in 2019, scientists at the National Oceanic and Atmospheric Administration said Thursday.

Major to moderate flooding is projected in 23 states, impacting 128 million people.

The regions most likely to experience major flooding include parts of North Dakota, South Dakota and Minnesota.

The potential for major flooding is elevated along the Red River, the James River and parts of the Upper Mississippi River, said Edward Clark, director of NOAA's National Water Center.

That's in part due to heavier than normal rainfall over the last 90 days in those watershed areas.

In the southeastern U.S., the potential for heavy floods may be slightly dampened by the early arrival of spring – meaning that the sprouting plants and trees are absorbing moisture from the soil and air. Floods are more likely when rain falls on already water-saturated soils.

The National Phenology Network, which tracks the advent of green shoots and blooming flowers, found that spring has arrived around three weeks early in much of the eastern U.S.

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DO YOU REMEMBER?

25 years ago – 1995

Berrien Springs' Meagan Pullar was crowned Miss Blossomtime 1995. The 18-year-old Berrien Springs High School senior was chosen last night from among 22 contestants. Pullar is the daughter of Gregg and Nancy Pullar of Berrien Springs.

Royalty is nothing new to the Pullar family. Her sister, Harmony, won the title of Miss Berrien Springs in 1991, and was first runner-up to Miss Blossomtime.

35 years ago – 1985

The Benton Township Board voted last night to assume charter government status, which Supervisor Larry Nielsen said was to protect land and tax base against possible annexations, but not raise taxes. It was approved unanimously by all members present.

Benton Township now joins St. Joseph and Lake townships as the only charter townships in Berrien County. It will formally assume charter status as soon as appropriate documents are filed with the state and the county.

50 years ago – 1970

Installation of a flashing warning light at the intersection of Red Arrow Highway and John Beers Road in Stevensville has been completed, according to a report last night by B. W. Yasdick, street administrator. Yasdick told Stevensville village councilmen that a cable holding the light would be lowered on the light poles to help motorists see the light sooner. The council expressed its appreciation to trustee Richard Zandarski for donating the flasher.

TODAY IN HISTORY

By THE ASSOCIATED PRESS

Today is Friday, March 20, the 80th day of 2020. There are 286 days left in the year.

Highlight in history:

On March 20, 1854, the Republican Party of the United States was founded by slavery opponents at a schoolhouse in Ripon (RIH'-puhn), Wisconsin.

On this date:

In 1413, England's King Henry IV died; he was succeeded by Henry V.

In 1760, a 10-hour fire erupted in Boston, destroying 349 buildings and burning 10 ships, but claiming no lives.

In 1815, Napoleon Bonaparte returned to Paris after escaping his exile on Elba, beginning his "Hundred Days" rule.

In 1899, Martha M. Place of Brooklyn, New York, became the first woman to be executed in the electric chair as she was put to death at Sing Sing for the murder of her stepdaughter.

In 1933, the state of Florida electrocuted Giuseppe Zangara for shooting to death Chicago Mayor Anton J. Cermak at a Miami event attended by President-elect Franklin D. Roosevelt, the presumed target, the previous February.

In 1942, U.S. Army Gen. Douglas MacArthur, having evacuated the Philippines at the order of President Franklin D. Roosevelt, told reporters in Terowie, Australia: "I came out of Bataan, and I shall return."

In 1952, the U.S. Senate ratified, 66-10, a Security Treaty with Japan.

5-Day Forecast for St. Joseph

Today	Tonight	Saturday	Sunday	Monday	Tuesday
Showers Likely	Mostly Cloudy	Partly Cloudy	Partly Cloudy	Partly Cloudy	Rain & Snow Possible
50°	26°	34° / 28°	37° / 31°	42° / 36°	48° / 41°

Local Outlook

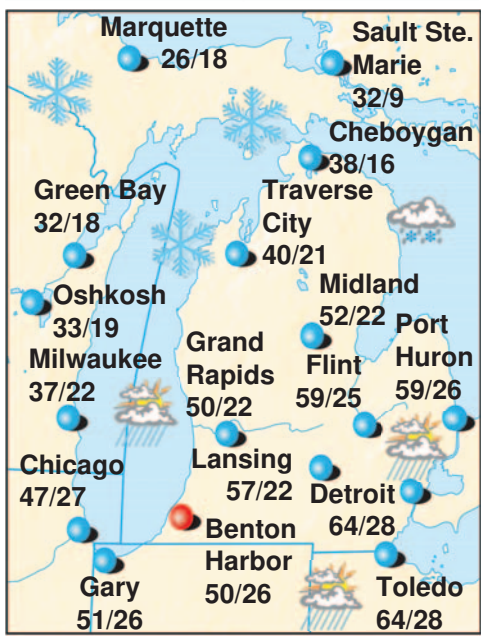
Today we will see mostly cloudy skies with an 80% chance of showers, high of 50°, humidity of 68%. West northwest wind 21 to 25 mph. Expect mostly cloudy skies tonight, overnight low of 26°. Southeast wind 9 to 22 mph. The wind chill for tonight could reach 16°.

Sun and Moon

Sunrise	7:48 a.m.
Sunset	7:58 p.m.
Moonrise	6:26 a.m.
Moonset	4:24 p.m.

New	First	Full	Last
3/24	4/1	4/7	4/14

Regional Map



Local Almanac

Benton Harbor Yesterday

Temperature

High	60°
Low	40°
Normal High	48°
Normal Low	30°
Record High	77° in 2012
Record Low	20° in 2006

Precipitation

Yesterday	0.22"
Month to date	1.17"
Normal for month	1.41"
Year to date	6.09"
Normal Year to date	4.58"

Air Quality

Yesterday 34

Main Offender ..... Particles

The higher the number, the greater the need for people with respiratory problems to reduce outside activity.

0-50 ..... Good
51-100 ..... Moderate
101-150 .... Sensitive
151-200 .. Unhealthy

Weather Trivia

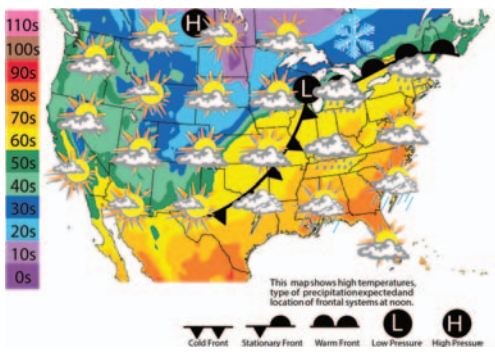
What is the heat index?

?

Answer: It provides a "feels like" temperature factoring in humidity.

National Weather Map

Forecast map for March 20, 2020



For latest weather updates: **www.UpdatedWx.com/HP**

Lake Michigan

Today, NNW wind 18 to 22 kt, with gusts as high as 33 kt. A chance of rain showers, possibly mixing with snow. Waves 5 ft building to 10 ft. Water temperature 36 degrees.

Michigan Forecast

Upper Peninsula

Today, skies will be cloudy with scattered snow showers, highs from the 20s to the 40s. Northwest wind 14 to 25 mph. Expect partly cloudy to mostly cloudy skies Saturday with highs in the 20s. South wind 4 to 7 mph.

Lower Peninsula

Today, skies will be mostly cloudy with widespread showers, highs in the 50s and 60s. West northwest wind 21 to 25 mph. Expect partly cloudy skies Saturday with highs in the 20s and 30s. North northeast wind 9 mph.

Don Campbell / HP file photo

The Benton Harbor High School Tiger Marching Band marches down Main Street in Benton Harbor during last year's Grand Floral Parade. Organizers have canceled this year's parade due to concerns over COVID-19.

PARADE

From page A1

these activities later this summer.

In addition, the Farm Tour, Lansing trip, Mayor's Banquet and Shriner's Hospital tour will also be postponed, with the plan to reschedule as many of these events as possible.

In addition to the Grand Floral Parade, the following events are permanently cancelled for the 2020 season: Blessing of the Blossoms, Vintage Baseball Game with House of David, Dinner with the Queens, Good Will Tour, The Youth Parade and Run For the Buds.

"I hope people will support the festival in the future," Abdelnour said. "Our duty right now is to protect each other. That's more important than anything else at the moment."

For more information, visit www.BlossomtimeFestival.org.

Contact: anewman@TheHP.com, 932-0357, Twitter: @HPANewman

NETWORK

From page A1

encouraging to see the abundance of willing volunteers.

Job opportunities and unemployment resources have also been a constant draw on the group's page.

The group's content isn't always doom and gloom. Occasionally there will be an inspirational quote or a reference to a mobile app on meditation.

Batton-Wyman's favorite post was in reference to an individual who learned the Cracker Barrel in Stevensville would close for the time being, and then returned with $100 for each employee.

"To me that demonstrated how much people want to help other people and how happy people are when they're helping," she said.

While it's uncertain how long people are expected to stay out of the public, Batton-Wyman hopes the group will continue to help others once the pandemic is under control.

"I want it to keep going indefinitely," she said. "I have hopes of potentially turning it into a nonprofit. I would love for it to be a community resource in general. I look forward to facilitate a movement of services for other people."

Buy Local Berrien! is another Facebook group that was created shortly before Gov. Gretchen Whitmer shut down access to restaurants and bars. It serves as a platform to share which businesses have remained open amid state-mandated restrictions.

The group has since collected nearly 4,000 members in the past week. The page sees a couple hundred posts a day.

"It has grown exponentially," said Arthur Havlicek, president and CEO for Southwest Michigan Regional Chamber, who also serves as administrator for that group. "The engagement has been through the roof. We're talking hundreds of shares, thousands of viewers and hundreds of posts per day."

Havlicek said he sees the page continuing past the pandemic, as businesses are being promoted throughout the tri-county area.

"We really want to stress the idea of buying local," he said. "It's been a great way to push that message in supporting each other."

Gillian Conrad, communications manager for the Berrien County Health Department, said social media has been one of the department's most valuable tools.

The Health Department's following on social media has increased dramatically since the public began to look for proper precautions to the coronavirus.

"In this age of rapid-fire news and people relying on technology for information, we are pushing out news as we are receiving it from the state and the CDC," Conrad said. "We hope people come to us to find fact-based information, rather than seeking out news from their neighbor down the street who shares conspiracy theories on their Facebook page."

Conrad said they have been encouraging the public to follow the Health Department's Facebook page for "hyper-local" updates.

"There's a crazy amount of misinformation out there," she said. "We can't correct it all, but we can be a source of credible information for our community members when they want the facts."

Contact: twittkowski@TheHP.com, 932-0358, Twitter: @Tony-Wittkowski

NORMS

From page A1

circles of social isolation.

"The time matrix seems to be shifting. I've never known several days to go by so slowly and watching the collective conscience move more and more in one direction day by day," said Paula Flakser, who lost her bartending job when California's Mammoth Mountain ski resort closed this week.

For those who must go to work, the divide is widening too.

Steve Diehl, who is considered an essential employee at his job at a warehouse near Chicago, wears a mask to work because a family member has a compromised immune system. He's terrified of catching the new coronavirus or transmitting it to his loved one at home.

Diehl posted a sign at the warehouse entrance asking people to put on masks that were provided "to protect immuno-compromised family," but several co-workers didn't wear them, he said. One of them coughed into his hand while standing by Diehl's desk – and then began to touch things on his desk with the same hand.

"That angered me greatly," said Diehl, who posted a photo of himself in a mask on Twitter. "And when I made a comment about it, they shrugged it off."

Others who are trying to juggle working from home while caring for kids who are also home are making smaller and more mundane choices that nevertheless bring shocked responses – or even rebukes – from co-workers, friends and even family.

Is it OK to run out for a coffee? Can you allow your children to go the playground? What about sending kids to day care centers, which remain the only lifeline in many states that have closed schools?

Flakser, the woman who lost her bartending job, said she was upset by the hundreds of people who flocked to her tiny hometown of Bishop, California, from Los Angeles and other large cities to vacation the minute schools shut down. The 42-year-old climber posted angry messages about the crowds on Facebook and was quoted in an online climbing magazine, Thundercling.

So many people descended on a climbing spot called Happy Boulders over the weekend that lines of people were walking into the narrow canyon. The routes to reach the top mean dozens of people were grabbing the same handholds in the rock again and again, potentially spreading germs, she said.

"When people from urban areas are escaping, they're escaping to vulnerable areas that have incredibly limited medical resources – and it felt pretty entitled and selfish," she said in a phone interview. "It feels like a lot of first-world privilege knocking at our door."

By Wednesday, the crowds had abated – possibly because of the article and social media posts – but "this weekend will be the true barometer," Flakser said.

Her concerns echo those who slammed St. Patrick's Day revelers who flooded bars in Chicago and New Orleans and those who called out college students who've been thronging to beaches for spring break.

An Instagram video of hundreds of partiers packed onto a "booze cruise" in the Bahamas drew comments calling for a boycott of the company that organized it.

Some of the strong online reaction to these crowd-size violations likely stem from the fact that authorities would be hard-pressed to enforce the new rules and are relying on a social compact to keep everyone safe. In Oregon, for example, restaurants that continue to offer dine-in service would face only a low-level misdemeanor – and social shaming is much more effective.

Jeff Carreras, owner of Tracey's Original Irish Channel Bar in New Orleans, said he's faced similar scathing criticism over the crowds that gathered outside his bar Saturday. People on Facebook accused him of raking in money while disregarding growing warnings about the dangers of crowds during the outbreak of COVID-19.

One poster, Claire Hassig, said on the bar's page that her 70-year-old mother had to walk by to get to her car and was mobbed by "drunken idiots with zero respect for social distancing or her safety."

Carreras said he kept the crowd inside below its 250 capacity and didn't set up the usual outside bar – but crowds formed anyway. It was the bar's idea to have police break them up when his staff couldn't do it, he said.

"There's no way I would entice, encourage the public to come out and spread a virus that's as bad as it is," he said. "We did everything we were asked to do."

Those appalled by the behavior of some of their fellow Americans have welcomed a crackdown this week from many state and local governments that are adding daily to lists of closures and bans.

Bars in a popular part of Portland, Oregon were busy on Friday and Saturday nights but are now dark after Gov. Kate Brown banned all dine-in service at food establishments and bars statewide.

Alec Bhurke, who wrote an angry post on Facebook about the weekend crowds, said most people likely just need that kind of guidance from authorities to recognize the seriousness of the crisis.

"People don't understand ... the implications of what even a single day does to the body count (from the virus) at this stage," he said Wednesday.

"But people should know better – and they should do better."

Winkle, for his part, has re-examined his approach to social distancing since the weekend event. It helps that Mesa instituted a ban on dine-in serve at restaurants and bars on Tuesday.

"I get it, and I get where they're coming from," he said. "I definitely took it to heart and thought maybe it's time to start slowing things down."

GOVERNOR

From page A1

the governor to declare a state of emergency "if he or she finds that an emergency has occurred or that the threat of an emergency exists." And the same act gives the governor broad powers "to cope with dangers to this state or the people of this state presented by a disaster or emergency."

If the emergency lasts more than 28 days, the governor has to ask the Legislature to approve an extension of the declaration and the orders that come with it.

Previous governors have used the emergency designation to take over many financially troubled cities, including Detroit, Pontiac, Benton Harbor, Highland Park and Ecorse. Emergency declarations also have been used in weather emergencies, such as the polar vortex in 2019 or flooding in the Upper Peninsula in 2018 or to deal with the Flint water crisis in 2016.

But none have been as consequential as the emergency declaration to respond to the coronavirus.

hp SPORTS

PHOTO OF THE DAY

Don Campbell / HP file photo

Michigan Lutheran's Abby Harris, center, joins teammates as they celebrate their win over Fruitport Calvary Christian during a Division 4 regional semifinal March 10 at Martin High School.

Red Sox ace Chris Sale to have Tommy John surgery, out for season

By JIMMY GOLEN
Associated Press

John Bazemore / AP

Boston Red Sox starting pitcher Chris Sale throws during spring training Feb. 19 in Sarasota, Fla.

BOSTON — Boston Red Sox ace Chris Sale will have Tommy John surgery on his left elbow, an operation that would keep him out the entire 2020 baseball season if and when it resumes after the coronavirus pandemic.

The team made the announcement on Thursday, two weeks after saying that the left-hander who turns 31 later this month had a flexor strain near the elbow. At the time, the Red Sox hoped Sale would avoid the operation that usually requires a full year of recovery.

Opening day, originally scheduled for next week, has been pushed back until at least mid-May due to the coronavirus outbreak. Sale missed the start of spring training with an illness that the team described as a flu that morphed into pneumonia.

A Red Sox spokesman did not immediately respond to an email asking if Sale has been tested for COVID-19.

Sale is 109-73 in 10 major league seasons is entering the second season of a six-year, $160 million contract. After helping the Red Sox win the 2018 World Series, he went 6-11 with a 4.40 ERA in 25 starts last year, his fewest wins and starts and highest ERA in a full season since 2012.

After his illness set back his pitching schedule, he threw his first batting practice of the spring on March 4; a day later, he reported discomfort in his pitching elbow.

The team said then there had been no additional damage to his ulnar collateral ligament, which was treated with a platelet-rich plasma injection in August.

Sale's season last year ended after a start on Aug. 13.

"Tommy John's been a factor in my life for 20 years now," Sale said earlier this month. "It's on the table, but it's always been on the table. So, that's not something I'm going to worry myself with. I can't go out there with that in the back of my mind. I have to have the confidence that what we're doing is going to work."

Darius Slay: I don't respect Lions coach Matt Patricia because of 2018 incident

By DAVE BIRKETT
Detroit Free Press (TNS)

Rick Osentoski / AP

Former Detroit Lions cornerback Darius Slay celebrates an interception against the Chicago Bears during a Nov. 28 game. The Lions agreed to trade cornerback Darius Slay to the Philadelphia Eagles.

DETROIT — Darius Slay's relationship with Matt Patricia was fractured and unsalvageable, and the former Detroit Lions cornerback said that ultimately is what set the stage for his trade Thursday to the Philadelphia Eagles.

Slay, a three-time Pro Bowler, told the Free Press on Thursday that his lack of respect for Patricia stems from an incident that happened in training camp during Patricia's first season as Lions coach in 2018.

"He told me in front of the whole team, in the team meeting room, showed clips of me in practice getting a ball caught on me or so in practice," Slay said. "I posted a picture (of a wide receiver on social media), and he told me, stop sucking this man's private. So I'm like, 'Whoa.' I'm like, 'Hold up.' Where I'm from, that don't fly. Cause I wouldn't say that to him. I wouldn't say to him to stop you know what to Bill Belichick. I wouldn't do that. That's just not me as a man. That's disrespectful to me and so from there on it was done with."

Patricia, whose comment was meant figuratively, responded in a statement emailed to the Free Press by a team spokesperson.

"Over the last two seasons, Darius and I have had multiple conversations in private that I believed were constructive and satisfactory," the statement read. "My discussions with athletes are confidential and I won't comment on anything discussed with our players in a team meeting. I appreciate his hard work and wish he and his family all the success in Philadelphia."

Slay said he was so angry about the incident that former Lions safety Glover Quin, who sat next to him in the meeting room, had to calm him down.

"I ain't going to say (I was ready to) fight because of the fact that I just really kind of blacked out a little bit and really asked myself, 'Did this man just say this to me?' " Slay said. "And like I said, with GQ not sitting beside me in a team meeting room, there's no telling what could have happened, honestly, cause the fact that I couldn't believe it. And from where I'm from, stuff gets said like that, a lot of stuff happens. … And GQ sat there and was just like, 'Nah, calm down, Slay. Calm down, Slay. You know where it's going.' "

After the meeting, Slay said former Lions running backs coach David Walker approached him and said Patricia was trying to make a broader point about staying off social media and as one of the Lions' best and most respected players, used Slay as an example.

"I was real teary-eyed because I got real, real mad and he was like, 'Slay, man, he's just trying to … set the tone for the team that some stuff don't go. He don't like social media so he trying to post it, make it calm social media down,' cause a lot of us like social media," Slay said. "I said, man, I wasn't trying to hear that because of the fact that I'm a grown man, he's a grown man. Like I said, I wasn't saying nothing like that to him to disrespect him like that. I wasn't trying to disrespect that man in no way because I respect him as a man. But I felt there was no mutual respect as a man but he respect me as a player."

Slay said he and Patricia had a more "solid" relationship last season, but that things were past the point of repair because of the 2018 incident.

One Lions source, who spoke to the Free Press on condition of anonymity because he was not authorized to speak publicly on the matter, said he considered Slay "a major cancer" last season and that "he would sit in meetings and not pay attention" then "go into the locker room and tell other players how the coaches are full of (expletive)."

Southwest 10 announces all-conference basketball teams

By HP STAFF

The Southwest 10 released its boys and girls basketball all-conference teams, featuring several local athletes.

For the boys, Bloomingdale's Tyler Starbuck, Hartford's Aaron Sinclair, Decatur's Ben Cerven, and Eau Claire's Marquis Hackney were named first-team all-conference.

Bloomingdale's Bobby Boyer and Eau Claire's Damarion Travis made the second-team, while Hartford's Kaden Johnson and Elijah Ledesma, Eau Claire's Karmelo Taylor and Dahntay Bailey, and Bloomingdale's Carson Fisher were named honorable mentions.

Led by Starbuck, Boyer, and Fisher, the Cardinals placed fourth in the Southwest 10 with a 13-5 (17-5) record.

Bloomingdale advanced to the Division 3 district championship against Lawton before the MHSAA suspended the season due to the coronavirus epidemic.

Hackney, Travis, Taylor, and Bailey propelled the Beavers to a 10-8 (13-9) record and a Division 4 district title game against River Valley that was suspended because of the coronavirus.

On the girls' side, Bloomingdale's Kallie Harrison and Katrise Hudson were named to the first team after leading the Cardinals (13-3, 15-6) to a second-place conference finish.

Decatur's Regan Rose made the first-team as the Raider finished fourth in conference play with an 8-8 (11-5) record. Hartford's Alexis Snodgrass and Megan Nelson were second-team selections, as were Bloomingdale's Emma Allison and Decatur's Jania Green.

The honorable mention team features Cardinals duo Allison Starbuck and Olaisa Moss and Hartford's Jaelyne Galvan.

Coloma well-represented in all-SAC honors

By HP STAFF

The Southwestern Athletic Conference released its all-conference selections for winter sports this week and several Coloma and Watervliet athletes made the cut.

Coloma's girls and boys bowling teams continued their dominance in SAC Lakeshore play, finishing 9-0 and 7-0 respectively.

For the girls team, Carissa Richmond (avg. 173), Morgan Hosbein (173), Emily Feldten (168), Ashley Ikerd (146), and Maddison McQuillan (145) were first-team selections and Eadie Needham (115) was named honorable mention.

On the boys side, Charlie Cullitan (170), Jonathan Swetay (170), Ryan Wilson (170), Damian Gomez (169), and Nick Santarlas made the first-team while Brodie McQuillan was an honorable mention selection.

For boys basketball, Coloma's Drew Goodline and Michael Dancer were first-team all-Lakeshore selections while Jake Ickes and Kenyon Boyd made honorable mention. Watervliet's Andrew Chisek was named to the first-team.

For girls basketball, Coloma's Megan Neubecker and Watervliet's Samantha Dietz were first-team all-Lakeshore selections, while Watervliet's MJ Flowers was named honorable mention.

MLB gives minor leaguers spring per diems; salaries TBD

By JAKE SEINER and JANIE MCCAULEY
AP Sports Writers

NEW YORK — Philadelphia Phillies minor leaguer Logan O'Hoppe got the news from his agent and relayed it immediately to teammate Vito Friscia.

Friscia, a 40th-round draft pick, would be getting his spring training pay, after all.

"He thought I was kidding," O'Hoppe said. "It's awesome, I'm happy for him."

Major League Baseball announced Thursday that minor league players shut out of spring training camps will receive allowances from teams through April 8, and a plan is underway to compensate those players during the postponed portion of the regular season.

Minor leaguers will receive their allowances – usually $100-400 per week – from teams in a lump sum. The payments will cover allowances due starting Thursday through the previously scheduled end of spring training.

The minor league season had been set to open April 9 but is being delayed because of the novel coronavirus outbreak. MLB said it is working with teams to develop an industry-wide plan to compensate players for missed games.

"We were excited to be able to help these kids," Reds general manager Nick Krall said. "Help sustain them for some time, and hopefully we start the season and they start getting paychecks more."

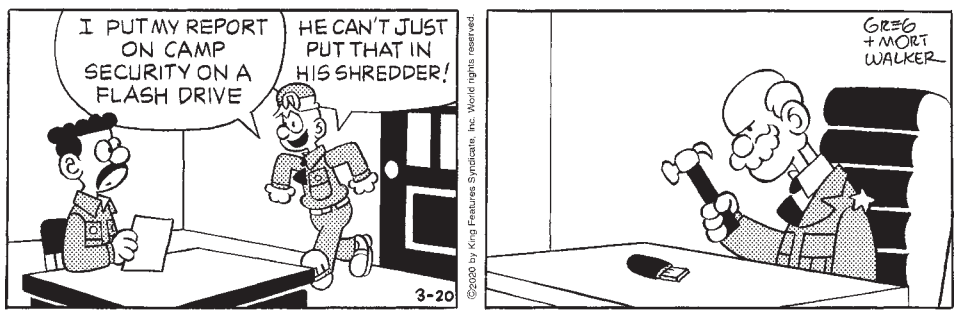
Players were sent scrambling late last week when MLB suspended spring training. Most minor leaguers were told to go home, including players from Venezuela, the Dominican Republic and other countries, despite concerns they may have trouble getting back into the U.S. Some clubs made exceptions for foreign players and allowed them to stay in camp.

MLB had left it up to teams how to handle their minor leaguers, leaving players uncertain about the coming weeks and months.

Even for American players, the dismissals presented challenges. Most baseball players are paid only in-season, and many minor leaguers – especially those who did not receive lucrative signing bonuses – were relying on spring training camps for allowances, housing, meals and training facilities.

One minor leaguer told The Associated Press on Sunday that he was kicked out of camp with $800 in his bank account, no second job lined up and no idea how he would make ends meet until camps re-opened.

BEETLE BAILEY


I PUT MY REPORT ON CAMP SECURITY ON A FLASH DRIVE
HE CAN'T JUST PUT THAT IN HIS SHREDDER!
3-20
GREG + MORT WALKER
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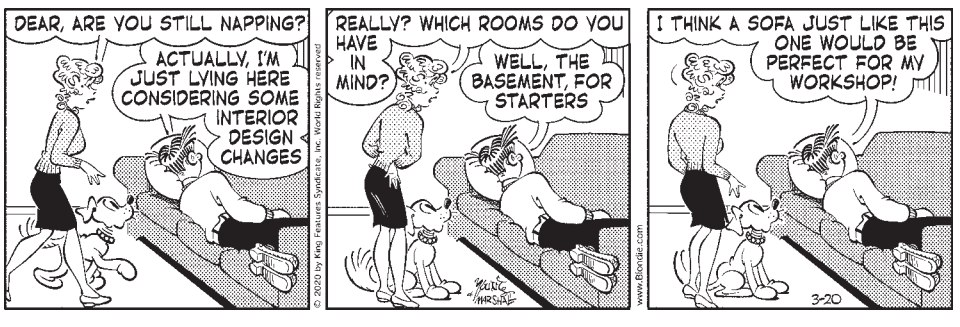
BLONDIE


DEAR, ARE YOU STILL NAPPING?
ACTUALLY, I'M JUST LYING HERE CONSIDERING SOME INTERIOR DESIGN CHANGES
REALLY? WHICH ROOMS DO YOU HAVE IN MIND?
WELL, THE BASEMENT, FOR STARTERS
I THINK A SOFA JUST LIKE THIS ONE WOULD BE PERFECT FOR MY WORKSHOP!
3-20
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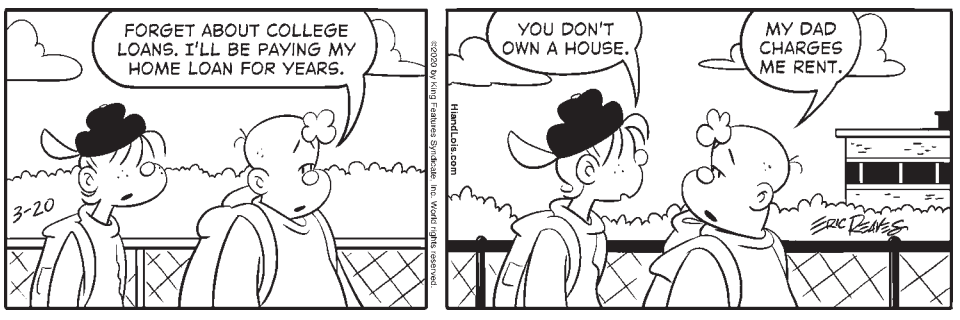
www.Blondie.com

HI & LOIS


FORGET ABOUT COLLEGE LOANS. I'LL BE PAYING MY HOME LOAN FOR YEARS.
YOU DON'T OWN A HOUSE.
MY DAD CHARGES ME RENT.
3-20
ERIC REASES
HiandLois.com
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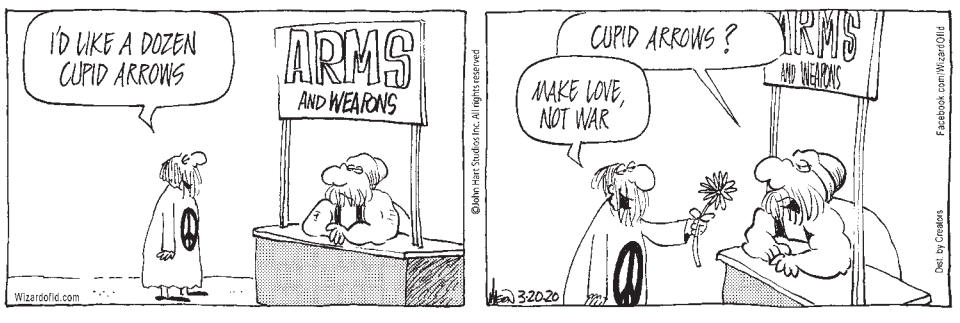
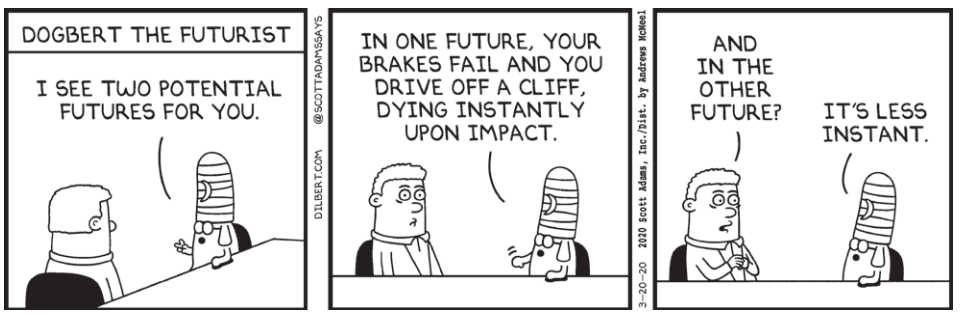
BC

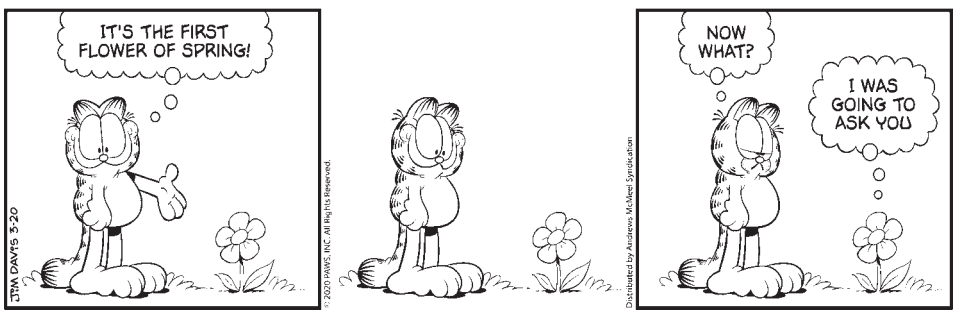
WIZARD OF ID



DILBERT


DOGBERT THE FUTURIST
I SEE TWO POTENTIAL FUTURES FOR YOU.
IN ONE FUTURE, YOUR BRAKES FAIL AND YOU DRIVE OFF A CLIFF, DYING INSTANTLY UPON IMPACT.
AND IN THE OTHER FUTURE?
IT'S LESS INSTANT.
DILBERT.COM @SCOTTADAMSSAYS
3-20-20 2020 Scott Adams, Inc./Dist. by Andrews McMeel

GARFIELD


IT'S THE FIRST FLOWER OF SPRING!
NOW WHAT?
I WAS GOING TO ASK YOU
JIM DAVIS 3-20
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FORT KNOX

TRY AND TAKE THIS MIND READING HELMET AWAY FROM ME DONALD..
AYE.
BUT KNOW THAT I CAN SEE EVERY MOVE YOU'RE PLANNING ON MAKING.
SPIT
THAT'S TRUE.
IN YOUR
BUT NOT MINE!!
FACE
3/20
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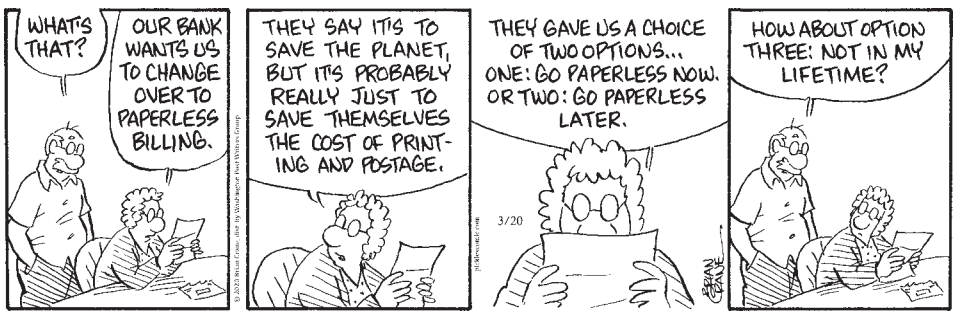
GOcomics.com/FortKnox

PICKLES


WHAT'S THAT?
OUR BANK WANTS US TO CHANGE OVER TO PAPERLESS BILLING.
THEY SAY IT'S TO SAVE THE PLANET, BUT IT'S PROBABLY REALLY JUST TO SAVE THEMSELVES THE COST OF PRINTING AND POSTAGE.
THEY GAVE US A CHOICE OF TWO OPTIONS... ONE: GO PAPERLESS NOW. OR TWO: GO PAPERLESS LATER.
3/20
HOW ABOUT OPTION THREE: NOT IN MY LIFETIME?
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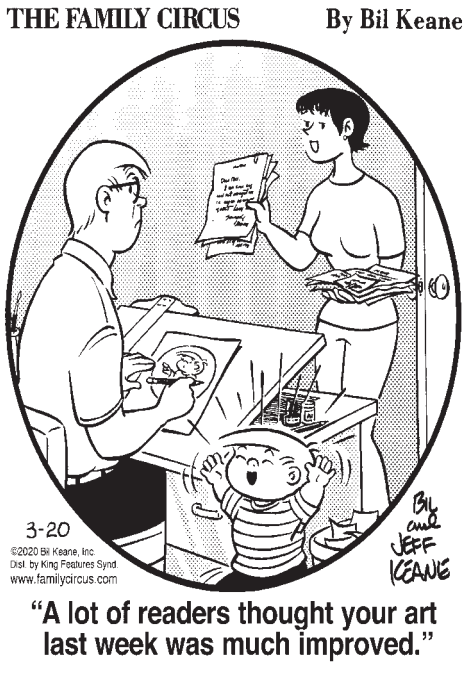
FAMILY CIRCUS


THE FAMILY CIRCUS
By Bil Keane
3-20
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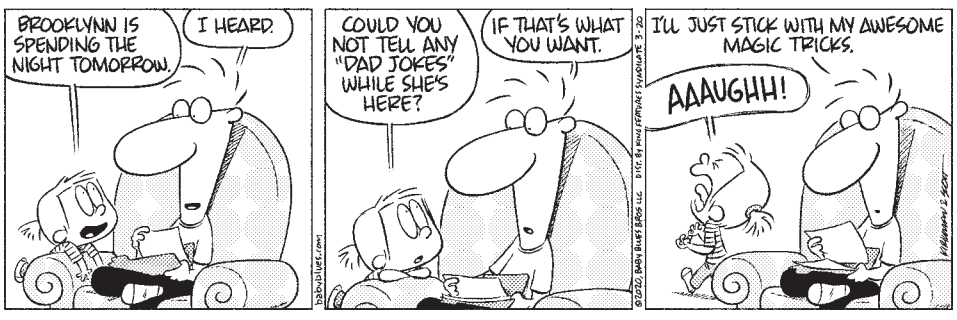
Dist. by King Features Synd.
www.familycircus.com
BIL and JEFF KEANE
"A lot of readers thought your art last week was much improved."

DENNIS THE MENACE

©2020, North America Synd.
3-20
"OH YEAH! I USED YOUR JEWELRY FOR OUR HIDDEN TREASURE HUNT. BUT DON'T WORRY... I MADE A MAP OF EVERYTHING."

BABY BLUES


BROOKLYNN IS SPENDING THE NIGHT TOMORROW.
I HEARD.
COULD YOU NOT TELL ANY "DAD JOKES" WHILE SHE'S HERE?
IF THAT'S WHAT YOU WANT.
I'LL JUST STICK WITH MY AWESOME MAGIC TRICKS.
AAAUGHH!
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babyblues.com

CURTIS

WHAT'S THAT, CURTIS?
A GAME KIDS PLAY, "POT SHOTS"
"GAME"? IT'S KIDS STANDING 'ROUND SLAPPING EACH OTHER!! WHAT IS WRONG WITH YOU YOUNG PEOPLE TODAY?
IT'S THE CRAZE, DAD! IT'S FUN! IT'S A GOOF, WHERE KIDS TRY TO SEE WHO CAN SLAP HARDEST!
3-20
AGAIN I REITERATE, WHAT IS WRONG WITH YOU YOUNG PEOPLE?!
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ZITS

DATA USAGE PROBLEM SOLVED.
I UPGRADED US TO AN UNLIMITED PLAN.
WHAT??
HOW DO YOU KNOW MY PASSWORD??
PLEASE. YOU USE MOM'S BIRTHDAY FOR ALL YOUR PASSWORDS.
3-20
SCOTT and BORGMAN
WAIT- SO YOU DO KNOW WHEN MY BIRTHDAY IS??
OOPS.
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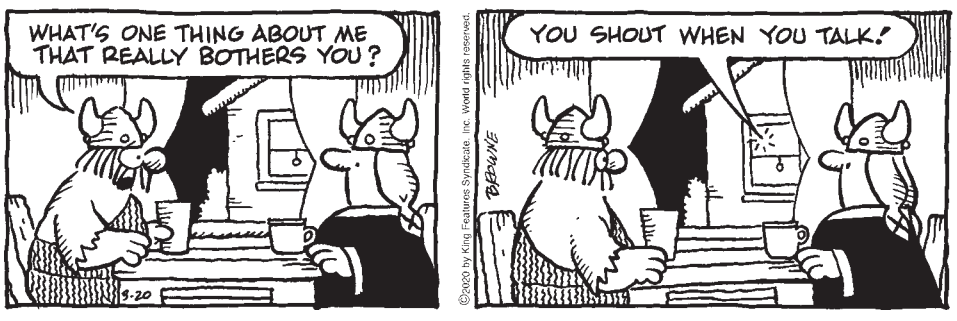
HAGAR THE HORRIBLE


WHAT'S ONE THING ABOUT ME THAT REALLY BOTHERS YOU?
YOU SHOUT WHEN YOU TALK!
3-20
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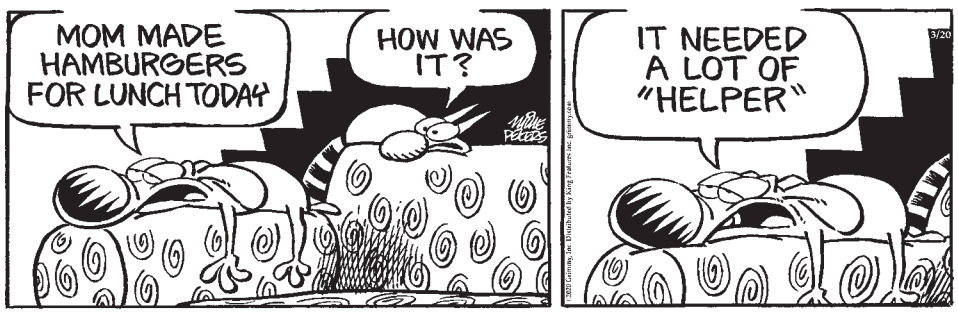
MOTHER GOOSE & GRIMM


MOM MADE HAMBURGERS FOR LUNCH TODAY
HOW WAS IT?
IT NEEDED A LOT OF "HELPER"
3/20
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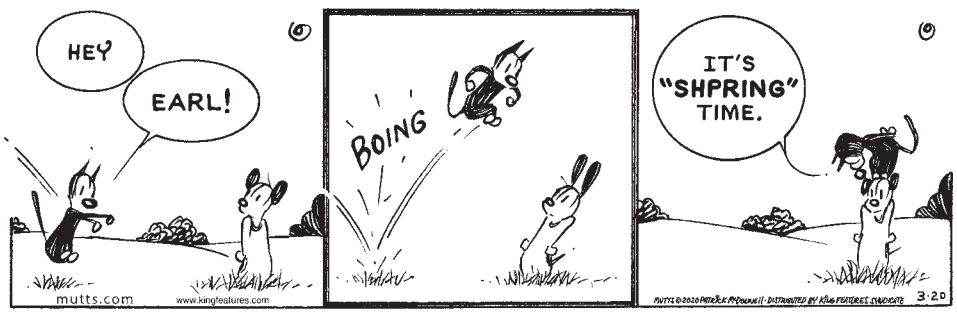
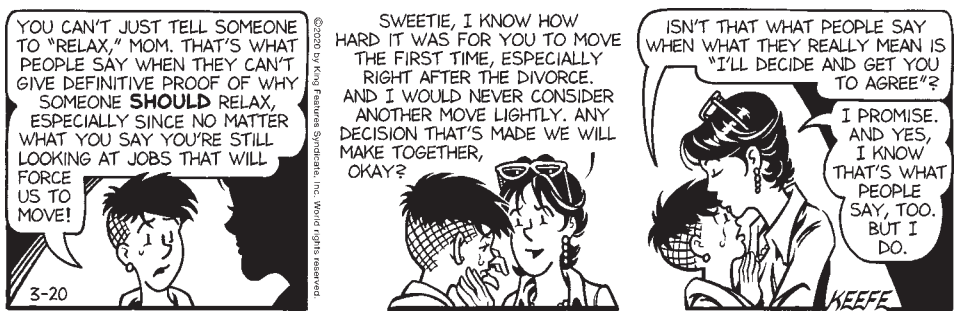
MUTTS



SALLY FORTH


YOU CAN'T JUST TELL SOMEONE TO "RELAX," MOM. THAT'S WHAT PEOPLE SAY WHEN THEY CAN'T GIVE DEFINITIVE PROOF OF WHY SOMEONE SHOULD RELAX, ESPECIALLY SINCE NO MATTER WHAT YOU SAY YOU'RE STILL LOOKING AT JOBS THAT WILL FORCE US TO MOVE!
3-20
SWEETIE, I KNOW HOW HARD IT WAS FOR YOU TO MOVE THE FIRST TIME, ESPECIALLY RIGHT AFTER THE DIVORCE. AND I WOULD NEVER CONSIDER ANOTHER MOVE LIGHTLY. ANY DECISION THAT'S MADE WE WILL MAKE TOGETHER, OKAY?
ISN'T THAT WHAT PEOPLE SAY WHEN WHAT THEY REALLY MEAN IS "I'LL DECIDE AND GET YOU TO AGREE"?
I PROMISE. AND YES, I KNOW THAT'S WHAT PEOPLE SAY, TOO. BUT I DO.
KEEFE
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Ben Sanders
@HPBenSanders

Maxwell Harden
@HPMaxwellHarden

Ben Spencer
@HPBenSpencer

PRIME TIME TV

FRIDAY EVENING MAR. 20

	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30
ABC 7 13 41 57	Wheel of Fortune	Shark Tank (N) CC (DVS)		:01 20/20 CC			
CBS 2 3 22	:00 2020 NCAA Basketball Tournament First Round: Teams TBA. (N) (L) CC				2020 NCAA Basketball Tournament First Round: Teams TBA.		
NBC 5 8 16	Ac. Hollywood	The Blacklist "Victoria Fenberg" (N)		The Blacklist "Cornelius Ruck" (N)		Dateline NBC (N) CC	
FOX 17 222 28 32	Modern Family	WWE Friday Night SmackDown (N) (L)				Fox 17 News at 10:00PM (N) CC	
PBS 34	Overheard	Washington Week	Firing-Hoover	Great Performances at the Met "Turandot" Christine Goerke portrays Turandot. (N)			
CW 25	Big Bang Theory	Penn & Teller: Fool Us CC		Whose Line Is It?	Whose Line Is It?	News	Seinfeld CC
MNT 50	Family Feud	Chicago P.D. CC		CSI: Miami "Killer Regrets" CC		CSI: Miami "By the Book" CC	
WCIU 26	Mike & Molly	Penn & Teller: Fool Us CC		Whose Line Is It?	Whose Line Is It?	2 Broke Girls	2 Broke Girls
WHME 46	:00 Heartland	Heartland "You Just Know"		Highway to Heaven "Amazing Man"		The List (N) CC	Celebrity Page (N)
WGN 9	News	Chicago Fire	black-ish	Last Man Standing	Last Man Standing	WGN News at Nine (N) (L) CC	
A&E	5:00 Live PD CC	Live PD: Rewind (N) CC		Live PD "Live PD -- 03.30.19" CC			
AMC	6:00 Taken	★★★ I Am Legend ('07, Science Fiction) Will Smith, Alice Braga. CC				★★ The Book of Eli ('10) CC	
Animal	Tanked	Tanked: Sea-Lebrity Edition (N)				Tanked CC	
BET	Diary of Mad		:35 ★★ All About the Benjamins ('02) Ice Cube.				
Big Ten	Women's College Hockey				To Be Announced		
Bravo	:00 Shahs of Sunset	Shahs of Sunset CC		Shahs of Sunset (N) CC		Chrisley Knows	Chrisley Knows
Cartoon	Steven	Final Sp.	Final Sp.	Burgers	Rick	American	American
Cinemax	★★ Halloween	7:50 ★★★ Widows ('18, Suspense) Viola Davis, Colin Farrell. (P). CC				Strike Back (N) CC	
CMT	Mom	Mom	Mom	Mom	Mom	Mom	Mom
CNBC	Boss	Undercover Boss		Undercover Boss		Undercover Boss	
CNN	OutFront	Anderson Cooper		Cuomo Prime Time		CNN Tonight	
Comedy	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk	South Pk
Discovery	Gold Rush	Gold Rush (N) CC					
Disney	Dance	Bunk'd	Gabby	Owl Hse.	Raven	Fam Jam	Sydney
DIY	Alaska	Beachfrnt Reno		Beachfrnt Reno		Beachfrnt Reno	
E!	:00 ★★ The Wedding Planner ('01)				★★★ Selena ('97) CC		
ESPN	SportCtr	College Wrestling NCAA Division I Championship, Semifinals. (N)					
ESPN2	NCAA Women's Tournament				NCAA Women's Tournament		
ESPNC	Boxing	Classic-Boxing		Boxing		Classic-Boxing	
Food	Diners	Diners	Diners	Diners	Diners	Diners	Diners
Fox News	The Story	Tucker Carlson		Hannity (N) CC		The Ingraham Angle	
Fox Sports	To Be Announced				Pistons	Wings	Hockey
Freefrm	Kung Fu Panda	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy
FX	:00 ★★ Kingsman: The Golden Circle ('17, Action) Colin Firth, Julianne Moore, Taron Egerton. CC					The Weekly	:32 The Weekly
Golf	LPGA Golf			Central	PGA Golf		
Hallmark	From Friend	Picture a Perfect Christmas ('19, Romance) Merritt Patterson, Jon Cor. CC				Golden Girls	Golden Girls
HBO	:10 Westworld Stuck in a loop. CC		:25 ★★ Along Came Polly ('04) Ben Stiller. CC			Real Time With Bill Maher (N) CC	
History	Aliens	Ancient Aliens: Declassified In the presence of mysterious relics.					
HGTV	Fixer	Dream	Dream	Dream	Dream	Dream	Dream
Learning	90 Day	90 Day Fiancé: Before the 90 Days (N)				90 Day	90 Day
Lifetime	:00 Wife Swap	Supernanny "Bean Family" (N) CC		:03 Married at First Sight Couples take a hard look at marriages. (N) CC			
MSNBC	Decision	All In With		Rachel Maddow		The Last Word	
MTV	Wedding	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.	Ridic.
NBCSCH	Sports	Bulls	NBA Basketball Chicago Bulls at San Antonio Spurs.				
NFL	NFL Total	NFL Football CC					
Nick	Maze	Henry Danger CC		Dylan	Substitute	Friends	Friends
NGEO	Lockup	Lockup: Santa Rosa		Lockup: Santa Rosa		Lockup: Santa Rosa	
Oxygen	:00 Dateline: Secrets Uncovered "Death Trap" (N) CC			Snapped "Kathryn Briggs" CC		Snapped "Beverly McColm" CC	
Parmt	★ Grown Ups ('10)		★★ Sweet Home Alabama ('02) CC				
Showtime	6:15 Stone	Black Monday	:32 Black Monday	The Trade (N) CC		Unlocked ('17) Noomi Rapace. CC	
Starz	Brightburn ('19)	★★★ Spider-Man: Far From Home ('19) Tom Holland, Samuel L. Jackson. CC				:12 Outlander "Perpetual Adoration"	
STZENC	6:55 ★★ From Hell ('01, Suspense) Johnny Depp. CC			★★ The Haunting in Connecticut ('09) Virginia Madsen.			Drag Me to Hell
SyFy	Edge of Tomorrow	★★★ John Wick ('14, Action) Keanu Reeves, Michael Nyqvist. CC (DVS)				★★ xXx: Return of Xander Cage	
TBS	:15 2020 NCAA Basketball Tournament First Round: Teams TBA. (N) (L) CC				2020 NCAA Basketball Tournament First Round: Teams TBA.		
TCM	The Getaway ('72)	★★★ A Big Hand for the Little Lady ('66) Henry Fonda, Joanne Woodward. CC				★★ Frankie and Johnny ('66)	
TMC	Little Women	★★ The Baby-Sitters Club ('95) Schuyler Fisk. CC			:35 ★★ The House With a Clock in Its Walls ('18) CC		
TNT	NCAA Tournament			2020 NCAA Basketball Tournament			
Travel	Holzer	The Holzer Files		Kindred Spirits (N)		Portals to Hell (N)	
TV Land	Andy G.	Raymond	Raymond	Raymond	Raymond	Two Men	Two Men
USA	Law & Order: Special Victims Unit		★★ The Fast and the Furious ('01) Vin Diesel. An undercover cop infiltrates the world of street racing.				
VH1	RuPaul	RuPaul's Drag Race (N) CC				Boo! A Ma	
WGN-A	Last Man Standing	Last Man Standing	Last Man Standing	Last Man Standing	Last Man Standing	Last Man Standing	Last Man Standing

Don't resist resistant starches

DEAR DOCTOR: I keep reading about something called "resistant starch." People are saying I should get it into my diet. Why is it so important? How much do I need?

DEAR READER: As with so many areas of diet and medicine these days, the answer leads directly to the gut microbiome. That's the vast and complex community of bacteria, fungi, yeasts and viruses that live in our intestines. They number in the trillions, can account for 2 to 5 pounds of our weight and, as we're learning every day, play complex and crucial roles in our physical and even mental health. In fact, because these microscopic creatures are necessary to survival, the gut microbiome is increasingly regarded as an organ in its own right.

Elizabeth Ko & Eve Glazier
Ask the Doctors

One of the keys to a healthy and diverse gut microbiome is keeping our microscopic residents well-fed. This involves prebiotics, a type of dietary fiber that stimulates the growth and activity of the good-guy bacteria in the gut. For fellow science nerds, prebiotic foods contain high levels of a starchy substance known as inulin and certain types of sugars, including fructo-oligosaccharides and galacto-oligosaccharides. Although apples, oats, lentils, leeks, Jerusalem artichokes, garlic, asparagus and bananas are cited as good sources of prebiotics, the fact is that a wide range of fruits, vegetables, grains and legumes contain prebiotics in varying amounts.

Another potential source of prebiotics is the subject of your question – resistant starch. As the name suggests, these are starches, or carbohydrates, that resist digestion. That means they survive the journey through the digestive tract and make it all the way to the colon, where they become available to gut microbes. Resistant starches fall into four general categories. They may be protected by fibrous cell walls, as with grains, seeds and legumes. They are available in certain raw foods, such as raw potatoes or raw plantains. And they can be manufactured via a chemical process. What's of particular interest is the final category. This is a range of carbohydrates that, when cooked and then cooled, develop into resistant starch. These include rice, potatoes, yams, pasta and whole grains such as oats and barley.

One benefit is that, instead of being broken down into glucose and raising blood sugar levels, these types of carbohydrates pass into the colon. This improves glycemic control, an important factor in good health. Once in the colon, resistant starches feed the beneficial bacteria that live there. Through the process of fermentation, bacteria turn resistant starch into compounds known as short-chain fatty acids. These include butyrate, which is linked to lower rates of colorectal cancers, and propionate, which has been shown to lower inflammation and improve immune support.

How much resistant starch do we need? There's no set amount. Instead, think in terms of daily goals for dietary fiber in general. Most Americans get less than half the recommended 25 grams per day for women and 38 grams per day for men. We recommend eating from a diverse range of fresh fruit, vegetables, whole grains, legumes and nuts. If they're new to your diet, add them slowly to avoid gas and bloating. And with every bite, know you're making your gut microbiome very happy.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health. Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.

Should I give up on my depressed friend?

Carolyn Hax is away. The following first appeared Dec. 14, 2005.

HI, CAROLYN: One of my friends is in the midst of a long funk. This is no slight period of the blues; this is full-on depression that she tells her friends about on a regular basis. She now is rejecting our invitations, ignoring our calls, wallowing at home every night, and has an excuse for every suggestion we have when she vents to us.

Carolyn Hax

While some of the girls are still trying to help her out of it, I am on the verge of giving up and realizing that perhaps she doesn't want to snap out of it. I am blunt with her that her frank discussions with her therapist don't seem to be doing the trick. I can't help but feel guilty to give up on her, especially since other girls in the group of friends still are trying to help, yet I feel like it's not in my nature to work for months to try to change someone who wants to wallow in unhappiness. She was very kind to me during a rough spell I had two years ago, so the guilt is multifaceted. What to do? – Perplexed Friend

PERPLEXED FRIEND: "Doesn't want to snap out of it." Wow. OK.

May I be blunt, too? From the National Institute of Mental Health's booklet on depression, under the heading, "How Family and Friends Can Help the Depressed Person": "Do not ... expect him or her 'to snap out of it.' " [Booklet is no longer available. CH]

Some complainers are just complainers. But people who are clinically depressed also: reject invitations -- or accept but then cancel at the last minute, ignore calls, languish at home, dwell on the negative and see their situation as hopeless. People who are clinically depressed do not choose to be this way, any more than cancer patients choose to have tumors. People who are clinically depressed generally do respond to treatment, but often for treatment to succeed the patient has to believe in it and stick with it – and often shop around for better care – which is a snap until you get to the part about it being an illness whose key symptoms include hopelessness and inertia.

Plus, there's no one treatment that succeeds with all people. And even a successful treatment can take time to pin down -- and then even more time to take effect. And not every depression survivor emerges as Sally Sunshine.

People who are clinically depressed do alienate their friends, yes. They can be tough to have around. Frustrating. Boring. Depressing, for lack of a better word. But people who are uninformed and judgmental aren't a party, either.

So please serve your friend by choosing one of the following: Learn about depression so you can understand and help her better (try nimh.nih.gov), or accept that you never really liked her enough to justify working this hard.

This, for all the harrumphing that precedes it, I offer as a legitimate option. Not every friendship is good enough to survive every challenge, and not every friend need come to every rescue. The famous "finding out who your real friends are" can be a healthy weeding-out process. She stuck by you, so ideally you'd stick by her – but if you can't mean it, then you won't really be of much help.

Email Carolyn at tellme@washpost.com, follow her on Facebook at www.facebook.com/carolyn.hax or chat with her online at noon Eastern time each Friday at www.washingtonpost.com.

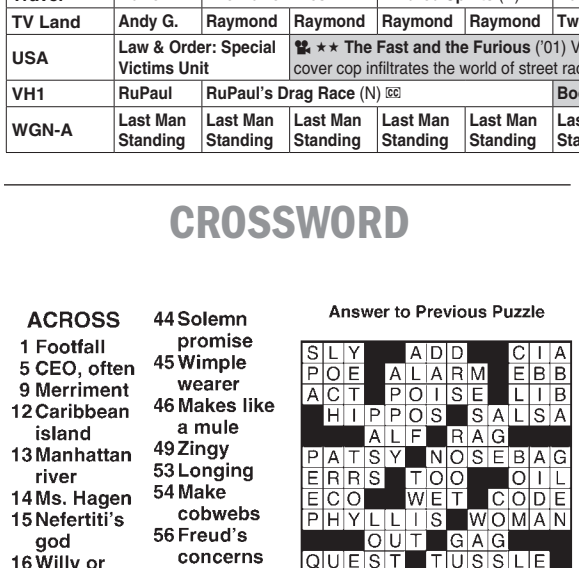
CROSSWORD

ACROSS
1 Footfall
5 CEO, often
9 Merriment
12 Caribbean island
13 Manhattan river
14 Ms. Hagen
15 Nefertiti's god
16 Willy or Shamu
17 Hebrew letter
18 Ordinary
20 Web-footed birds
22 Pacino and Unser
23 Ex-soldier, for short
24 Hobby shop wood
27 Shade-loving plants
30 Anger
31 Megastar
33 Writer — Rice
35 Seedy joint
37 Regretted
39 Not their
40 Caustic comeback
42 Ladder parts
44 Solemn promise
45 Wimple wearer
46 Makes like a mule
49 Zingy
53 Longing
54 Make cobwebs
56 Freud's concerns
57 Make lace like granny
58 Atlas dot
59 Captain's command
60 O.T. judge
61 Slapstick missiles
62 Sea dogs

DOWN
1 Defraud
2 Dance wear
3 Poet's black
4 Bamboo munchers
5 Toilers
6 Hard to come by
7 PC bailout key
8 Platforms
9 Sulk angrily
10 Sporty vehicles
11 Cognomen
19 Asian range
21 James or Kett
23 Mouse cousin
24 Auction action
25 Grand Canyon st.
26 Strauss of jeans
27 Class period
28 By and by
29 Tucked in
32 Attracted
34 Hesitant speaker's insertions
36 Covetousness
38 Beat soundly
41 Rumors, often
43 Disquiet
45 Playing cards
46 Data unit
47 Not fake
48 Debate side
49 Obnoxious
50 Ottoman title
51 Roulette color
52 Recipe amts.
55 Tire pressure meas.

Answer to Previous Puzzle

S	L	Y			A	D	D			C	I	A
P	O	E		A	L	A	R	M		E	B	B
A	C	T		P	O	I	S	E		L	I	B
	H	I	P	P	O	S		S	A	L	S	A
			A	L	F		R	A	G			
P	A	T	S	Y		N	O	S	E	B	A	G
E	R	R	S		T	O	O			O	I	L
E	C	O			W	E	T		C	O	D	E
P	H	Y	L	L	I	S		W	O	M	A	N
			O	U	T		G	A	G			
Q	U	E	S	T		T	U	S	S	L	E	
U	N	D		E	V	I	C	T		I	D	S
A	T	E		S	I	N	C	E		V	I	A
Y	O	N			M	A	I			Y	E	W



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JUMBLE

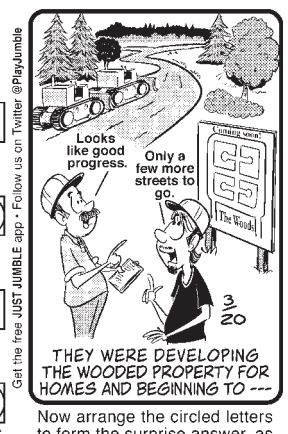
Unscramble these Jumbles, one letter to each square, to form four ordinary words.

SREIK

WARND

HOLAMO

LJACEO


Looks like good progress.
Only a few more streets to go.
The World
3/20
THEY WERE DEVELOPING THE WOODED PROPERTY FOR HOMES AND BEGINNING TO ---

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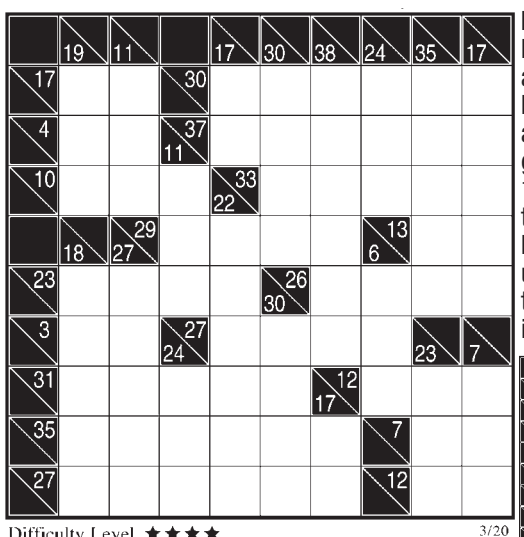
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

(Answers tomorrow)

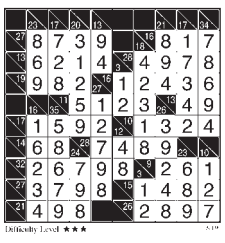
Yesterday's Jumbles: DIGIT ADAPT DISMAL MUFFLE
Answer: After Charlie Daniels had his favorite violin repaired, it was — FIT AS A FIDDLE

KAKURO



Difficulty Level ★★★★ 3/20

How to play: Numbers above the slash are across clues; numbers below the slash are down clues. The goal is to enter digits 1-9 in the white cells to add up to the number clues. You cannot use any digit more than once when adding up to a clue.



Difficulty Level ★★★

BRIDGE

Teaching inexperienced bridge players is a haphazard occupation. It is good to see their progress, but they are extraordinary at finding strange twists in deals that look so straightforward to the more experienced eye.

I received an unexpected surprise from this deal.

In the auction, despite West's overcall, North's three-spade response was a game-invitational limit raise. South plowed on to game.

West leads the diamond king. The first point is that East should play the jack. Unless this is from shortage, it guarantees holding the 10 as well. True, here there is some chance of East's having a singleton or doubleton diamond, but it's not likely.

Declarer, wishing to avoid a heart lead from East, should duck his ace. South wins the diamond continuation, enters dummy with a club and takes a spade finesse. In a moment, he draws the last trump, discards a heart loser on the fourth club and makes his game.

If South wins trick one with the diamond ace, he should go down. When West gets in with the spade king, he underleads his diamond queen to East's 10. Now the heart queen through declarer generates four tricks for the defense.

Both these possibilities occurred in my class. However, at one table South introduced a variation I hadn't considered. After winning trick one with the diamond ace, she led a low spade from hand.

West, thinking his partner must have the spade ace, played low. Suddenly no spade loser, suddenly an overtrick! Out of the hands ...

North 03-20-20
♠ Q J 10 9
♥ 7 6 4
♦ 7 3
♣ A K J 2

West
♠ K 5
♥ A 8 5 3
♦ K Q 9 8 4
♣ 8 4

East
♠ 2
♥ Q J 10 9
♦ J 10 5 2
♣ 7 6 5 3

South
♠ A 8 7 6 4 3
♥ K 2
♦ A 6
♣ Q 10 9

Dealer: South
Vulnerable: East-West

South	West	North	East
1♠	2♦	3♠	Pass
4♠	Pass	Pass	Pass

Opening lead: ♦ K

SUDOKU

DIFFICULTY RATING: ★★★★☆

		7		9	5			4
8			1					5
						2		
1				2	9	7		
3		5		7		6		2
		8	3	5				9
		3						
9					4			7
7			9	8		3		

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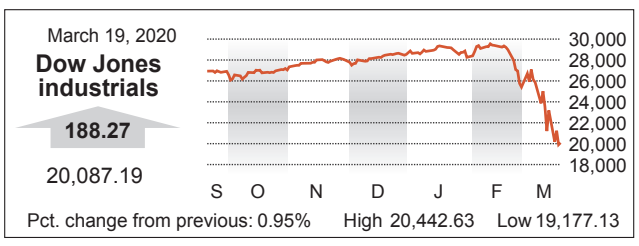
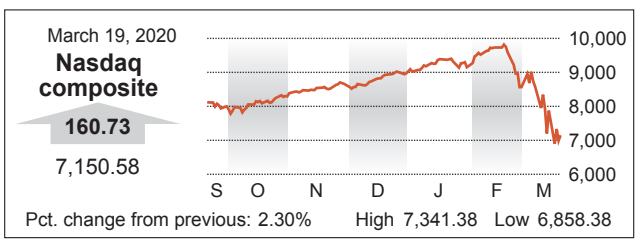
How to play: Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9.

PREVIOUS SOLUTION

6	8	3	9	1	7	5	2	4
5	4	9	6	3	2	1	8	7
1	2	7	4	5	8	6	9	3
7	6	1	3	4	9	8	5	2
2	3	8	7	6	5	9	4	1
4	9	5	2	8	1	7	3	6
3	7	2	5	9	6	4	1	8
9	1	6	8	2	4	3	7	5
8	5	4	1	7	3	2	6	9

MARKETS





Amer Elec Power AEP
$80.81 **-5.66 -6.5%**
▼ **4-wk.** -21.1% ▼ **YTD** -14.5%

Whirlpool WHR
$82.57 **-32.86 -28.5%**
▼ **4-wk.** -44.6% ▼ **YTD** -44.0%

LocalStocks

NAME	TICKER	52-WK RANGE LO		HI	◇CLOSE	CHG	%CHG	WK	MO	QTR
AT&T Inc	T	30.05	◇	39.70	31.15	-1.70	-5.2	▼	▼	▼
AEP	AEP	73.53	◇	104.97	80.81	-7.47	-8.5	▼	▼	▼
Apple Inc	AAPL	170.27	◇	327.85	244.78	-1.89	-0.8	▼	▼	▼
AutoZone	AZO	756.03	◇	1274.41	827.29	+18.79	+2.3	▼	▼	▼
BP PLC	BP	15.51	◇	45.38	17.00	+.89	+5.5	▼	▼	▼
CMS Eng	CMS	53.55	◇	69.12	56.49	-4.15	-6.8	▼	▼	▼
CocaCola	KO	41.17	◇	60.07	41.83	-3.02	-6.7	▼	▼	▼
Comcast	CMCSA	33.27	◇	47.74	35.94	+.26	+0.7	▼	▼	▼
Deere	DE	106.14	◇	180.48	119.66	+5.45	+4.8	▼	▼	▼
Disney	DIS	79.07	◇	153.41	94.93	+6.13	+6.9	▼	▼	▼
DollarTree	DLTR	60.20	◇	119.71	70.87	+5.30	+8.1	▼	▼	▼
ExxonMbl	XOM	31.23	◇	83.49	34.43	+1.31	+4.0	▼	▼	▼
FifthThird	FITB	11.50	◇	31.64	13.07	+1.40	+12.0	▼	▼	▼
1stSource	SRCE	27.24	◇	53.42	30.52	+2.61	+9.4	▼	▼	▼
FordM	F	4.10	◇	10.56	4.47	-.03	-0.7	▼	▼	▼
GenElec	GE	5.90	◇	13.26	6.48	-.12	-1.8	▼	▼	▼
HomeDp	HD	140.63	◇	247.12	161.13	+5.50	+3.5	▼	▼	▼
HorizBcp	HBNC	8.79	◇	19.48	9.00	+.14	+1.6	▼	▼	▼
HuntBncsh	HBAN	7.35	◇	15.63	7.68	-.04	-0.5	▼	▼	▼
IDEX	IEX	104.56	◇	178.14	123.36	+9.36	+8.2	▼	▼	▼
IBM	IBM	95.00	◇	158.75	100.34	-3.21	-3.1	▼	▼	▼
JPMorgCh	JPM	80.36	◇	141.10	85.30	+1.41	+1.7	▼	▼	▼
JohnJn	JNJ	122.43	◇	154.50	127.05	-7.91	-5.9	▼	▼	▼
Lowes	LOW	61.00	◇	126.73	69.87	+4.85	+7.5	▼	▼	▼
McDnlds	MCD	124.23	◇	221.93	149.50	+12.20	+8.9	▼	▼	▼
Microsoft	MSFT	115.52	◇	190.70	142.71	+2.31	+1.6	▼	▼	▼
MillerHer	MLHR	14.39	◇	49.88	17.53	+2.38	+15.7	▼	▼	▼
Penney	JCP	0.36	◇	1.59	.50	+.09	+23.1	▼	▼	▼
Perrigo	PRGO	40.17	◇	63.86	43.75	-1.40	-3.1	▼	▼	▼
Pfizer	PFE	29.65	◇	44.56	30.42	-1.94	-6.0	▼	▼	▼
ProctGam	PG	101.00	◇	128.09	110.83	-6.62	-5.6	▼	▼	▼
RepubSvc	RSG	73.81	◇	100.91	74.00	-1.89	-2.5	▼	▼	▼
Steelcse	SCS	7.02	◇	23.02	8.76	+1.43	+19.5	▼	▼	▼
Stryker	SYK	126.05	◇	226.30	149.50	+10.50	+7.6	▼	▼	▼
TCF Finl	TCF	16.96	◇	47.46	21.55	+3.20	+17.4	▼	▼	▼
Target	TGT	70.03	◇	130.24	100.50	-2.32	-2.3	▼	▼	▼
TractSupp	TSCO	63.89	◇	114.25	76.39	+3.88	+5.4	▲	▼	▼
UPS B	UPS	82.00	◇	125.31	96.25	-3.01	-3.0	▲	▼	▼
VerizonCm	VZ	49.02	◇	62.22	53.62	-.70	-1.3	▼	▼	▼
WEC Engy	WEC	75.88	◇	109.53	90.41	-14.12	-13.5	▼	▼	▼
WalMart	WMT	96.53	◇	128.08	119.45	-2.59	-2.1	▲	▲	▲
WalgBoots	WBA	40.52	◇	64.50	48.55	-4.26	-8.1	▲	▼	▼
Wendys Co	WEN	6.82	◇	24.04	10.66	+3.19	+42.7	▼	▼	▼
Whrlpl	WHR	85.93	◇	163.64	82.57	-6.41	-7.2	▼	▼	▼
Worthgtn	WOR	19.28	◇	44.69	22.10	+1.59	+7.8	▼	▼	▼
XPO Logis	XPO	41.84	◇	100.18	41.97	-3.02	-6.7	▼	▼	▼

PRODUCE PRICES

The following fruit prices were recorded on the Chicago Terminal Market on Wednesday. Prices are not net to the growers as freight and selling fees have not been deducted. These prices were provided by the USDA Market News Branch office in Chicago.

APPLES: Cartons tray pack of Washington Extra Fancy 72s Red Delicious sold higher from $24-26, Golden Delicious sold from $36-39, Fuji sold from $30-34, Pink Lady brought $38-40, Gala sold steady from $32-35, and 72 size Honeycrisp sold for $36, with fine appearance offerings $48-50. Cartons of 12 3-pound film bags of Washington WA Extra Fancy 2 1/2-inch minimum Red Delicious sold for $22, while Golden Delicious brought $23, Gala sold for $23-24, while bushel cartons loose of Michigan 3 inch minimum Golden Delicious, Gala and Jonagold brought $20.

ASPARAGUS: Pyramid cartons/crates 11-pound bunched standard size from Mexico sold lower for mostly $14, with holdovers $7.25, while large white bunched from Peru sold steady from mostly $23-25. Organic standard size green offerings from Mexico sold from mostly $22-24.

BEANS: Bushel cartons/crates of round green type machine-picked offerings from Florida sold steady for $16.

BERRIES: Flats of 12 6-ounce cups with lids of medium-large berries from Mexico sold for mostly $29-30, while fine appearance offerings brought mostly $31-32, while organic offerings from California of fine appearance sold from mostly $33-34. Strawberries in flats of 8 1-lb containers medium size from Florida sold lower from $12-14, with fine appearance offerings from Mexico $18-20, and fine appearance organic offerings from California sold for $38.50.

BROCCOLI: Cartons of 14 bunches from Arizona/California sold slightly higher from mostly $16-17, with organic offerings $16.

CABBAGE: 50-pound cartons of round green medium from Texas sold from mostly $13.50-14, while red offerings sold for mostly $17-18.

CAULIFLOWER: Cartons of 12 film wrapped heads from Arizona/California sold higher from mostly $29-30, with organic offerings $34.

CORN: Wirebound crates of 4 dozen bi-color and yellow from Florida sold steady from $12-14.

CUCUMBERS: 1-1/9-bushel cartons from Mexico of medium size sold from mostly $36-37, with large lower from mostly $35.50-37, and carton 24s sold from mostly $14-16. Pickles of 200-300 size from Mexico steady sold for mostly $35-36.

EGGPLANT: 1-1/9-bushel cartons of 24-count eggs from Mexico sold steady for $22-23.

LETTUCE: Cartons film wrapped 24 heads of iceberg lettuce from Arizona/California sold higher for mostly $20-21, while organic offerings brought $32.

ORANGES: Cartons of 10 4-pound film bags of Florida 80 size Hamlin juice oranges sold for $22.

PEPPERS: 1-1/9-bushel cartons of Florida green jumbos and extra-large sold sharply higher from $25-27, with large $25-26 and choppers $16.50-18.50. Medium size jalapeno peppers from Mexico sold for $19-20, while extra-large poblano sold from $20-22, serranos brought $26-28, and medium Hungarian wax sold from $24-26.

SQUASH: 4/7-bushel cartons of small sold from $22-24 with medium zucchini from Mexico from $20-22 while small-medium size yellow straightneck sold higher for mostly $34-35, with medium size mostly $33-34. 1 1/9-bushel cartons from Mexico of large size acorn sold lower from mostly $25-26, while butternut small sold for mostly $20-22, and spaghetti mostly $18-19.

TOMATOES: 25-pound cartons loose mature greens 5x6s from Florida sold from mostly $19-20, while cartons 2-layer offerings from Mexico of 4x5 size sold slightly lower from mostly $16-16.50. Flats 12 1-pint containers with lids of light red-red medium size grape tomatoes from Florida sold for $16-17, with offerings from Mexico lower for $18. Cartons of 12 1-pint baskets of cherry type red from Florida sold for mostly $25-26. Plum tomatoes packed in 25-pound cartons loose of extra-large and large size from Mexico sold steady from $22-24.

McConnell unveils economic rescue plan amid virus shutdown

By ANDREW TAYLOR and LISA MASCARO
Associated Press

Susan Walsh / AP

Senate Majority Leader Mitch McConnell of Ky., walk to attend a Republican policy lunch on Capitol Hill in Washington on Thursday.

WASHINGTON — Senate Majority Leader Mitch McConnell unveiled a sweeping economic rescue plan Thursday to pump $1,200 direct checks to taxpayers, $300 billion for small businesses to keep idled workers on payroll and $208 billion in loans to airlines and other industries.

It's the initial Republican offer on the biggest legislative package yet to respond to the coronavirus outbreak.

The GOP leader's effort builds on President Donald Trump's request for Congress to "go big" as lawmakers race to craft a $1 trillion economic aid and stimulus package amid the pandemic crisis and nationwide shutdown that's hurtling the country toward a likely recession.

"We need to take bold and swift action as soon as possible," McConnell, announcing his plan on the Senate floor.

The 247-page McConnell CARES Act puts the leader's imprint on an opening talks with Democrats in Congress as lawmakers prepare to fast-track perhaps the most urgent legislative undertaking since the 2008 financial crisis. Negotiations start Friday.

Despite the enormous pressure on Washington to act, the talks ahead are certain to run into challenges. Democrats said the plan does not go far enough and some Republicans object to its provisions. Negotiations could push into the weekend.

"On first reading, it is not at all pro-worker and instead puts corporations way ahead of workers," House Speaker Nancy Pelosi and Senate Democratic Leader Chuck Schumer said in a joint statement.

The GOP leader's plan aims to shore up households, businesses and the healthcare industry, which is bracing for an expected onslaught of patients falling ill from the virus that causes COVID-19.

The one-time $1,200 stipends would be sent to individuals – $2,400 for couples – phased out at income thresholds of $75,000 for individuals and $150,000 per couple. Additionally, there would be $500 payments for each child.

Individuals and families could also make penalty-free withdrawals of up to $100,000 from their tax-deferred 401(k) retirement funds. The plan would also loosen tax rules on charitable giving.

Additionally, the McConnell bill would provide $300 billion to small businesses, with loans that would eventually be forgiven for employers who use them to meet payroll expenses.

To shore up industry, McConnell's plan would provide $208 billion in loans and loan guarantees to distressed sectors, including $50 billion for commercial airlines, $8 billion for air cargo carriers and $150 billion for other eligible businesses, but those loans would have to be paid back.

Businesses would also be allowed to defer payment of the 6.2 percent employer payroll tax, and receive more generous rules for business deductions of losses and interest costs, under the GOP leader's plan.

The proposal also includes a specific provision to allow the Treasury secretary to "participate in the gains," through stock options or other financial instruments, of companies that receive federal aid.

At the same time, caring for the expected surge of sick Americans is a priority for Congress.

The McConnell proposal contains a raft of health care provisions – including permanent liability protection for the manufacturers of respirators and other desperately needed medical gear to handle the pandemic.

At the consumer level, McConnell's bill would put into federal law the commitment from insurers that coronavirus tests will be cost-free to policy holders. Additionally, the bill requires coverage of coronavirus vaccines as a preventive service, at no cost to patients.

For the health care industry, the bill would establish a new Medicare payment for treating COVID-19 patients. It would suspend through the end of this year a 2 percent Medicare payment cut to providers under previously set budget restraints.

Trump administration officials, including Treasury Secretary Steven Mnuchin and economic adviser Larry Kudlow, are expected to return to Capitol Hill on Friday to launch bipartisan negotiations with Senate Democrats.

Pelosi and Schumer said they looked forward to working with Republicans "in a bipartisan way to deliver for the American people as soon as humanly possible."

The Democratic leaders said, however, their priority is to "make sure all workers are protected from the loss of a paycheck or that no family falls into financial ruin because of this pandemic."

Democrats criticized the GOP plan as not doing enough for hospitals and health care providers. Groups representing hospitals, doctors and nurses are asking Congress for $100 billion.

The Democratic leaders called on Trump to ramp up production of medical supplies and rapidly erect temporary field hospitals under new authorities he has invoked in the Defense Production Act.

"America needs a Marshall Plan for our health care system," said Schumer, citing the post-World War II program in which the U.S. financed rebuilding in Europe.

Keeping paychecks flowing for idled workers as jobless claims skyrocket is a top priority for both Republican and Democratic plans emerging from Congress.

But how best to send direct payments to Americans – as one-time stipends, ongoing payroll support or unemployment checks – is a crucial debate.

Democrats have other ideas for ushering aid to Americans by pushing more money into the existing unemployment insurance system. Schumer called it "employment insurance" – which he characterized as "unemployment insurance on steroids."

Some GOP senators panned the idea of direct one-time checks, preferring instead to use the federal dollars to keep workers who are asked to stay home on business payrolls.

"What I want is income, not one check," said Sen. Lindsey Graham, R-S.C., summing up the views of some exiting a long, private meeting of GOP senators on Capitol Hill.

McConnell proposal aligns with the the Trump administration's initial idea for economic relief. Mnuchin on Thursday suggested direct Treasury could send direct payments of $1,000 per adult and $500 per child so that a family of two parents and two children would receive $3,000. He said the first checks would go out by April 6, with a second wave by mid-May.

Meanwhile, industries of all kinds are lining up for help. The total price tag is sure to grow beyond $1 trillion, lawmakers said.

Pelosi, on a lengthy conference call with more than 220 House Democrats, urged them to "think big," according to people on the call granted anonymity to discuss it. She reminded them that interest rates are low and the outlay should be considered an investment

As Congress rushes to compile the rescue package, it also is considering its own way of doing business. Two lawmakers have now tested positive for the COVID-19 virus, others are self-isolating and the usually tradition-bound Congress faced calls to ease rules and allow remote voting. Pelosi tasked a top committee chairman to study potential changes in House procedures.

The Senate plans to remain in session this weekend. The House, which is on recess, won't be recalled until it's time to vote.

House Republicans, on their own private conference call, expressed concerns about boarding planes to return to Washington, according to Matt Sparks, a spokesman for Minority Leader Kevin McCarthy.

Trump has already signed into law a $100 billion-plus bill to boost testing for the coronavirus and guarantee paid sick leave for millions of workers hit by it. Earlier, Trump signed an initial $8.3 billion package from Congress.

For most people, the new coronavirus causes only mild or moderate symptoms, such as fever and cough. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia.

The vast majority of people recover from the new virus. According to the World Health Organization, people with mild illness recover in about two weeks, while those with more severe illness may take three to six weeks to recover.

GM, Ford may start making ventilators

By TODD SPANGLER
Detroit Free Press

WASHINGTON — Detroit automakers are talking to the Trump administration about potentially shifting production to make breathing ventilators, with demand expected to outstrip capacity at hospitals because of the coronavirus.

On Thursday, Ford Motor Co. confirmed for the Free Press that it has been in "preliminary discussions" with the U.S. and British governments about making medical equipment if necessary.

It comes as Detroit's automakers are announcing a shutdown of U.S. plants in an attempt to slow the spread of coronavirus, also known as COVID-19.

"As America's largest producer of vehicles and top employer of autoworkers, Ford stands ready to help the administration in any way we can, including the possibility of producing ventilators and other equipment," the company said in a prepared statement. "It's vital that we all pull together to help the country weather this crisis and come out the other side stronger than ever."

Meanwhile, General Motors Chairman and CEO Mary Barra has also apparently spoken to advisers to President Donald Trump about the possibility of shifting resources to make ventilators, an especially important tool in treating the virus since it strikes the respiratory system of its victims.

Speaking to Fox News on Wednesday, Larry Kudlow, an economic adviser to Trump, said he had spoken to auto executives about the decision to shut down and said that one of them, presumably Barra, had told him "while the men and women may be off for two weeks due to the virus, she's going to try to call them back to so they can produce ventilators."

"They might even ask them to do it on a voluntary basis," Kudlow continued.

GM confirmed in a statement sent out to several media organizations that Barra had spoken to the administration. The company said "GM is working to help find solutions for the nation during this difficult time and has offered to help, and we are already studying how we can potentially support production of medical equipment like ventilators."

While GM is exploring the possibility, however, it is still very early in the process and not known how quickly or even whether production of medical equipment is feasible in the near future.

Elon Musk, the head of electric car-maker Tesla, based in Palo Alto, California, who has criticized the anxiety over the virus, also said the company could make ventilators if necessary.

"We will make ventilators if there is a shortage," Musk said in a post on Twitter. Musk also seemed to be trying to get information on which hospitals might need help.

If automakers ramp up capacity to help make medical equipment, it could be reminiscent of how, during World War II, auto production largely ceased and plants were switched over to produce aircraft, tanks, munitions and other war materiel. President Franklin D. Roosevelt described the effort as part of the "arsenal of democracy."

With coronavirus spreading rapidly, ventilators in hospitals are expected to be in short supply in the weeks and months to come.

A report in February by the Johns Hopkins Center for Health Security in Baltimore said acute care hospitals across the U.S. had approximately 62,000 full-featured medical ventilators and another 98,000 that were not full-featured but could be used in a crisis.

"However, the need for ventilation services during a severe pandemic could quickly overwhelm these day-to-day operational capabilities," the report said. "During a severe influenza pandemic, it has been projected that the demand for assisted ventilation in hospitals could increase by 25 percent or more."

The American Hospital Association estimates 960,000 Americans could need mechanical help to breathe during the coronavirus pandemic, USA Today reported this week.

The Herald-Palladium CLASSIFIEDS

Classified Desk: 1-855-317-4292
Hours: Monday - Friday 8am-4pm EST
Saturday & Sunday 8am-11am EST

REAL ESTATE FOR RENT

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303 Fox St
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Large 2 bedroom with washer & dryer hook up.
Stove and fridge included. Water included.
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all hardwood floors
All appliances included, half basement with washer and dryer.
4 bedroom
$900/mos.
Front & rear porch.
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3 Bedroom house with garage and fenced in yard.
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New Buffalo home for rent with option.
New construction.
See it at:
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5 bedroom, 3.5 bath.
Sturgeon Beach w/Galien River view.
Beach rights.
$3200.Call
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Large 2 bdrm,
1.5 bath,
Laminate floors,
appliances, central air, basement,
and deck
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Coloma, MI
Lot for Sale
North Shore Memory Gardens
In Apostle Garden, valued at $1,495
will sell for $1000/firm plus transfer fees
870-565-0303

LEGALS

LEGALS

City of Bridgman

Pursuant to The Revised Charter of the City of Bridgman, Michigan, Section 2.5(3), the City hereby issues a Notice of Intent to sell 1.3 acres of City-owned property located along Vineyard Street and adjacent to Toth Park (property identification # 56-0019-0145-14-1). Within 45 days of this posting a bid process will be announced on the City's homepage (www.bridgman.org) thereby enabling the City to sell the property either by auction or sealed bid at not less than the property's market value at date of proposed sale.

CITY OF BENTON HARBOR NOTICE OF PUBLIC HEARING

The City of Benton Harbor's Planning Commission will hold a Public Hearing on Tuesday, April 7, 2020 at 1:00 p.m. in the Lula Lee Commission Chambers, Benton Harbor City Hall, 200 East Wall Street on proposed Special Use Permits for 200 Main Street (11-54-00340-0235-01-6) for the purposes of a cannabis dispensary.

Written comments can be submitted via email to kthompson@cityofbentonharbormi.gov or delivered to the City Clerk's Office, located at 200 E. Wall Street, Benton Harbor, Michigan between the office hours of 8:30 a.m. to 5:00 p.m., Monday through Friday. The deadline for submission is Monday, April 6, 2020 at 5:00 p.m.

The City of Benton Harbor does not discriminate on the basis of disability in the admission or access to public meetings. Auxiliary aids or services will be made available for assistance of individuals with speech, vision, hearing or other impairments if the City of Benton Harbor is provided with notice not less than one week (7) days prior to the meeting time. Individuals desiring such assistance should contact the City Clerk at 269-927-8408.

All interested parties are urged to attend.

Kimberly Thompson,
Benton Harbor City Clerk
March 18, 2020

NOTICE

The Hagar Township Annual Meeting of the Electors and Public Budget Hearing, originally scheduled for March 21, has been postponed. We hope to reschedule this in April. The meeting notice will be posted here and in the Herald Palladium.

If you have an questions, please call the hall at 269-849-0455 or email the clerk at hagarclerk@gmail.com or the supervisor, Izzy Dimaggio at izzydimag@aol.com

LEGALS

SPECIAL NOTICE

Attn: Disabled
American Veterans

Once again election of new officers for Chapter 17. We urge all members to attend for this up and coming year July 2020
to June 2021.

Place: Union St. Benton Harbor
The Moose Club House
Time: 7:00 PM
Date: Thurs, April 2, 2020

People DO Read Small Ads. You Did!

SPECIAL NOTICE

It's Time to retire!
Catch-Um Lake Bait Shop, fishing ponds and campground will not re-open on April 1st, and will remain closed. Thank you to all my customers for your business and loyalty for the past 35 years.

CARD OF THANKS

Cody Keller and family would like extend their gratitude and appreciation to the many businesses that helped with donations as well as the many individuals that donated items, and/or helped with the event. Then benefit dinner for Cody Keller was a great success and shows how a community call pull together.

LOST

Coloma, MI
LOST
Unique Wooden Cane made from a tree branch in the Coloma or Riverside areas.
Reward!!!
269-849-4050

EMPLOYMENT

GENERAL HELP

Michigan City

Arby's - Michigan City looking for experienced GM. Hands on, energetic, ambitious, outgoing individual with knowledge in inventory control, training, food cost, scheduling and at least 2 years restaurant mgmt experience. Email resume with salary requirements to arbys204.in@gmail.com

New Buffalo, MI
Oselka Marina in New Buffalo, MI is looking for a full time worker. Job would entail helping with launching boats in the Spring, hauling boats out in the Fall. Summer would be a variety of jobs, including but not limited to, our Valet Program, Rental Program, Gas dock and other light maintenance duties.
Any experience with driving boats and operating fork trucks would be a bonus. You would need to be available to work weekends and holidays during the Summer. We offer benefits to full time employees. If you are serious in joining our team please send your resume to Mark@oselkamarina.com
or call Carla at 269-469-2601.

GENERAL HELP

Stevensville, MI

POOL GUYS

$20/Hour - Crew Leaders
$14/Hour - Helpers
Driver's License Required
Sensationalhottubs@att.net

PART-TIME EMPLOYMENT

St Joseph, MI.
2 Experienced cleaning people needed (evenings)
5 days a week
Part-time
Close to M-63 N
Call 574-272-2547

PEOPLE SEEKING EMPLOYMENT

New Buffalo, MI
Oselka Marina in New Buffalo, MI is looking for a mechanic.
If interested and for more details please send resume to Mark@oselkamarina.com
or call Carla at 269-469-2601

New Troy, MI
RAINBOW CLEANING SERVICE.

Residential and Commercial Cleaning.
House checks. Plant and garden care.
Yard work.
Experienced, licensed and insured.
269-612-7116
Call or text Silvia.

EMPLOYMENT INFORMATION

Benton Harbor, MI
Erny Builders is seeking an Experienced Carpenter for immediate hire in the Southwest Michigan area. Pay is competitive and will be reflective of experience. Interested applicants should contact Dale at 269-930-2313.

FINANCIAL

GARAGE /ESTATE SALES

MERCHANDISE

WANTED TO RENT/ BUY/TRADE

Watervliet, MI
Buying junk Vehicles & Scrap Metal
Call Ray @
269-463-3565

WANTED TO RENT/ BUY/TRADE

Benton Harbor, MI
3 Pillars Music is looking to buy record albums from 1970s to present, older guitars and music memorabilia. Please contact Tom at 269-313-7001 or 3pillarsmusic@gmail.com

PETS

CATS/DOGS/PETS

Coloma, MI.
F1B Golden doodles (3 boys, 1 girl).
Standard poodles (3 girls, 1 boy)
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If you wish to reply to a box number and NOT have your letter sent to certain firms, then: B) attach a note listing which firms are NOT to receive your letter; and (C) send every thing in ANOTHER ENVELOPE addressed as follows:

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Classified Department
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You may also reply to ads with Herald-Palladium box numbers by e-mail. Do not attach your resume rather type it or copy & paste it directly into your e-mail program. Send your e-mail to: jobs@heraldpalladium.com

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Box Charges
Boxes are reserved for 30 days after last day of ad publication. The charge is:
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$15. per box - We fax all responses to you on a daily basis.
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The Herald-Palladium

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Duties will include, but are not limited to advertising placement in multiple publications, assisting with the coordination of layouts, classified pagination and page production throughout the company.

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This is a full-time position. Shift is roughly 11am-7pm, Monday - Friday, subject to change.

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PMG IN-MI NEWSPAPERS

HOROSCOPE

By EUGENIA LAST

FRIDAY, MARCH 20

You can accomplish plenty this year if you stay focused and refuse to let emotional matters interfere with your productivity or financial affairs. Put a solid plan in place to avoid confusion and uncertainty. If something goes wrong, reevaluate and make necessary adjustments.

PISCES (Feb. 20-March 20) Listen more and say less. If you give someone too much personal information, they will use it against you. Let your intuition lead the way when dealing with sensitive issues.

ARIES (March 21-April 19) Take a closer look at an offer and what you have to do, and find a way to adapt your skills to fit the goal you have in mind. Present what you have to offer with finesse.

TAURUS (April 20-May 20): A problem with a loved one will add to your responsibilities. Use good judgment – if something doesn't sound correct, do your due diligence before you get involved.

GEMINI (May 21-June 20) Put in the time and reap the rewards. Don't expect to get help from someone who talks big but does little. If you run the show, you will be successful.

CANCER (June 21-July 22) Take a moment to gather your thoughts. Taking a spa day or attending an event that will take your mind off stressful situations will give you a chance to reflect and put things in perspective.

LEO (July 23-Aug. 22) Memories will prompt you to visit an old, familiar place. If you want something, ask for it, and if you don't like something, say so. Honesty is in your best interest.

VIRGO (Aug. 23-Sept. 22) Say no to anyone trying to use you. Make choices that will bring about a positive change. A romantic gesture will bring you closer to a loved one.

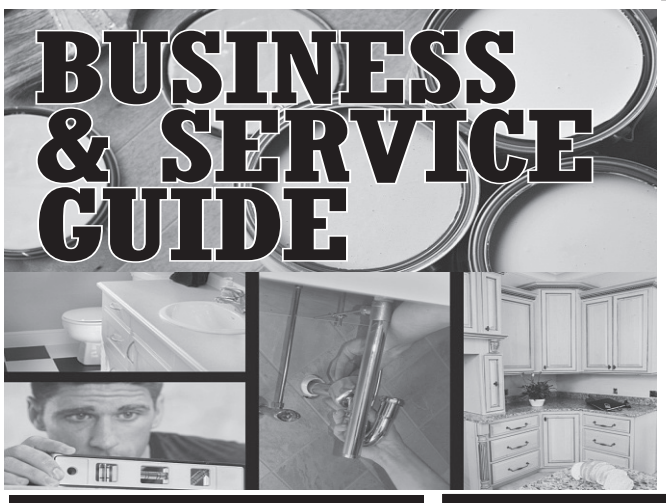
LIBRA (Sept. 23-Oct. 23) If you explain your intentions, you will get the help and support you need to move forward. A look at different locations and opportunities will inspire you to make a change.

SCORPIO (Oct. 24-Nov. 22) Spend time with people who are enthusiastic about the same things you are. Love is prevalent, but it can also be daunting if you are feeling uncertain. Shopping will lead to a great buy.

SAGITTARIUS (Nov. 23-Dec. 21) You won't be able to please everyone, so take care of yourself first. Consider partnering with someone who is trying to do something similar to you personally or professionally.

CAPRICORN (Dec. 22-Jan. 19) Avoid a controversial topic with friends or relatives. Remain neutral and concentrate on what you can achieve. Being productive will bring higher rewards. Romance is favored.

AQUARIUS (Jan. 20-Feb. 19) Emotions will be close to the surface. Refuse to let anyone pressure you into doing something that you don't feel good about. You don't have to impress anyone, so be true to you.



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hp HEALTH

Have news for 'Health'?

Do you have health or wellness news that you think would make a good feature story? Send it to Features Editor Andy Steinke at The Herald-Palladium, P.O. Box 128, St. Joseph, MI 49085; deliver it to 3450 Hollywood Road, St. Joseph; or email it focus@TheHP.com.

BLOOD DRIVES

American Red Cross

■ Noon-5:45 p.m. today, Hartford Bible Church, 65418 Red Arrow Highway, Hartford.

■ Noon-5:45 p.m. March 27, The Timbers, 55432 Colby St., Dowagiac.

■ 11 a.m.-4:45 p.m. March 31, Southwestern Michigan College, 58900 Cherry Grove, Dowagiac.

■ Noon-4:45 p.m. March 31, Converge Community Church, 601 W. Buffalo St., New Buffalo.

Versiti Blood Center

■ 1-5 p.m. today, Best Buy, car audio bay, 1515 Orchards Crossing, Benton Harbor.

■ 7 a.m.-1 p.m. Saturday, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.

■ 7 a.m.-1 p.m. Sunday, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.

■ Noon-7 p.m. Wednesday, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.

■ 10 a.m.-4 p.m. Thursday, Pokagon Band of Potawatomi offices, multi-purpose room, 58620 Sink Road, Dowagiac.

■ 1-6 p.m. Thursday, First Baptist Church, fellowship hall, 1635 76th St., South Haven.

■ 7 a.m.-1 p.m. March 28, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.

■ 7 a.m.-1 p.m. March 29, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.

■ Noon-5 p.m. March 30, The Wellness Center, conference room, 950 S. Bailey Ave., South Haven.

■ 8 a.m.-1:45 p.m. April 1, Coloma High School, auditorium, 300 W. St. Joseph St., Coloma.

■ Noon-7 p.m. April 1, Versiti Blood Center of Michigan, 2710 Cleveland Ave., St. Joseph.

Donors must be at least 17 years old (16 with parental consent) and weigh at least 112 pounds.

Blood shortage is critical

The COVID-19 pandemic is creating critical blood shortages in the U.S.

"It's not due to more COVID-19 patients needing blood products. Rather, it's a lack of donations coming in," says Dr. Justin Kreuter, transfusion medicine specialist with Mayo Clinic.

"Our collections have really plummeted because of the concerns about being out in the community," he says. "We're used to living at a one- to two-week blood inventory. Now a lot of the country is living at a one- to two-day inventory, and it's challenging to look at what our future holds."

The pandemic has led to the cancellation of various community and office blood drives that many blood banks rely heavily on. Beyond that, people are practicing social distancing and being told to avoid large crowds in public spaces.

Kreuter says he wants to assure people that there is no risk of getting COVID-19 from donating blood and that it is safe for healthy people to come to a blood donor center.

"It's only people who are healthy – who are not quarantined – who should be going to their blood donor center," he says.

– Mayo Clinic News Network

Dreamstime / TNS

Seven ways to stay physically active when you're stuck at home

By COURTNEY KUEPPERS
The Atlanta Journal-Constitution

Businesses and universities across the globe are opting to have employees work from home and students partake in "remote learning" in an attempt to combat the spread of the coronavirus.

However, being inside for long periods of time or feeling isolated can be stressful – and boring.

Experts at the Centers for Disease Control and Prevention recommend staving off the anxiety associated with "social distancing" by keeping up a healthy routine, including healthy eating and regular exercise.

If you're stuck at home, for whatever reason, here are some ways to remain physically active from the comfort of your living room.

Online yoga

Yoga can be not only good for your physical health, but can improve general wellness by relieving stress and improving emotional health, sleep and balance, the National Institute of Health notes.

It can also relieve low-back and neck pain and help manage anxiety and depressive symptoms. You don't have to pay big bucks or leave your home to do yoga. Just put on something comfortable and pull up YouTube. Some popular channels include Yoga With Adrienne, Yoga By Candace and Body Positive Yoga.

Schedule reminders

When you're working from home or just lounging on the couch, it's easy for time to slip away from you quickly. To avoid spending hours in front of a screen without moving, try setting some reminders on your phone, computer or smart speaker to get up and move, grab a drink of water or do some stretching.

Best Health magazine also recommends getting up and walking every time your phone rings, or pings.

Go for a walk

Try taking a break in the day to go for a walk. Experts at the Mayo Clinic note that walking everyday can help you maintain a healthy weight and improve your mood.

"As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try several short sessions of activity throughout the day. Any amount of activity is better than none at all," the Mayo Clinic notes on its website.

Try tidying up

Cleaning your house can be a win-win. Lifting laundry, going up and down stairs, being on your feet can all add up to a good amount of physical activity. Then, having a clean space can help with your mental health as well.

"Cleaning your house can incorporate a variety of muscle groups without you even realizing it," personal trainer Rich Gaspari said.

Simple exercises

You don't need expensive exercise equipment or access to a gym to do simple exercises like planks, wall sits or squats. There are a variety of routines you can find online and on YouTube.

Dance it out

Put on some tunes and have a living room dance party. It's also a good way to keep kids active, if they are home from school and stuck inside.

"Dance is an effective form of exercise and can burn just as many calories as swimming, walking or bike riding. The amount of calories you will burn depends on the intensity of the dance, the length of dance, how much effort you put in, and how much you weigh," active.com notes.

Create a circuit workout

The American Heart Association has recommendations on its website for a simple circuit workout that can be done at home, including jumping jacks, high knees, push ups and lunges.

It can be modified for individual use.

5 myths about coronavirus debunked by WHO

By NANCY CLANTON
The Atlanta Journal-Constitution

As the coronavirus spreads and fear grows, people are taking an abundance of precautions to keep from contracting it.

Some of these are practical: working from home, washing hands, avoiding crowds.

Others are pointless and might even be dangerous.

Here are five myths about the coronavirus that have been debunked by the World Health Organization.

MYTH: Cold can kill the coronavirus.

WHAT WHO SAYS: There is no reason to believe cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 97.7 degrees to 98.6 degrees Fahrenheit, regardless of the external temperature or weather.

MYTH: Coronavirus can be transmitted through mosquito bites.

WHAT WHO SAYS: Those blood suckers will be hungry soon. However, WHO says, to date, there has been no information or evidence to suggest the new coronavirus could be transmitted by mosquitoes.

It is a respiratory virus that spreads "primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose."

MYTH: Spraying alcohol or chlorine all over your body will kill the coronavirus.

WHAT WHO SAYS: Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Not only that, but these substances can be harmful to your mucous membranes (not to mention your clothes).

Both alcohol and chlorine disinfect surfaces, but they need to be used correctly.

MYTH: Rinsing your nose with saline will thwart the new virus.

WHAT WHO SAYS: There is no evidence rinsing the nose with saline has protected people from infection with the new coronavirus. There is limited evidence it can help people recover more quickly from the common cold, but it has not been shown to prevent respiratory infections.

MYTH: Eating garlic can help prevent infection.

WHAT WHO SAYS: Garlic has some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

You can find WHO's complete list of debunked myths on its website: www.who.int.

Is your child more anxious than usual?

Here's advice on how to talk to kids about COVID-19

By CARLI TEPROFF
Miami Herald

MIAMI — Was your child looking forward to a sports tournament only for it to be canceled by concern over the novel coronavirus?

Does your child keep asking about after-school activities and field trips?

How about tough questions including whether a loved one is going to get sick?

As parents or guardians, many adults are being faced with the difficult task of explaining what COVID-19 is and why leaders are canceling public events to children.

Experts say the key is to speak on the child's level and be open and honest.

"When we hide things from our kids they tend to get more anxious," said Dr. Danette Beitra, a pediatric psychologist at Nicklaus Children's Hospital near South Miami. "Children feed off our own anxieties, so it's important to model healthy behaviors."

Dr. Alan Delamater, director of clinical psychology at the Mailman Center for Child Development and professor of Pediatrics and Psychology at the University of Miami, said, "It is imperative to talk to children about what is going on.

"The information they are getting may be distorted," Delameter said. "Parents should ask them what they know. I think parents have a responsibility to make sure their kids have accurate information."

And while practices, parties and other activities are being canceled, Beitra and Delameter said keeping to as much of a routine as possible is critical.

For those children who tend to be more anxious, Beitra said switching the conversation and focusing on what they can control – including washing hands and staying home if sick – can help.

"It's the unknown that gets them anxious," she said.

Tips to speaking to children about the coronavirus from the CDC:

■ It's important for adults to remain calm and reassuring.

■ Allow your children to ask questions and talk about their feelings and concerns.

■ Monitor the information your child is seeing in the media and on the internet.

■ Focus on the things you can control including reducing the risk of the spread by proper hygiene.

■ Avoid language that blames someone for the spread.